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In
the NEWS



We're concerned
about China,
which has
developed a
whole class of
missiles that
we were not
permitted to have.

Gordon G. Chang, author
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If the Venezuelan
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JUSTIN SULLIVAN/GETTY IMAGES



Container ships docked at the Port of Oakland in Oakland, Calif., on March 6, 2019.

TRADE

China Opens New Front in Trade War

China's move to devalue its currency marks the latest escalation in the ongoing trade dispute

EMEL AKAN

WASHINGTON—China has resorted to currency manipulation, allowing the yuan to fall against the U.S. dollar, in an apparent effort to blunt the effect of the trade war on the Chinese economy.

The United States labelled Beijing a currency manipulator, after the Chinese renminbi weakened to its lowest level since 2008, slipping below the level of 7 per dollar, which had been thought to be crucial for preventing a run on the yuan.

By keeping its currency undervalued, China can make its exports cheap and imports expensive, thus gaining a competitive advantage in international trade.

Governments use their own domestic currencies as a trade tool,

in order to boost exports and build trade surpluses. Washington has long fought to deter currency manipulation, arguing that it has led to the loss or displacement of millions of American jobs.

Currency manipulation became a hot topic in international trade particularly between 2003 and 2013. More than \$250 billion of trade balances annually shifted from deficit to surplus countries due to the currency misalignments during that time, Fred Bergsten, senior fellow and director emeritus at the Peterson Institute for International Economics, said in a report.

He said that almost 20 countries, including China, were heavily inter-

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The Chinese
renminbi weakened
to its lowest
level since 2008,
slipping below
the level of 7 per
U.S. dollar, which
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to be crucial for
preventing a run on
the yuan.



JULIANA CHO/THE EPOCH TIMES

Protesters holding banners opposing the extradition bill in Hong Kong's New Town Plaza on Aug. 5, 2019.

AUSTRALIA

Australia Should Speak Up Firmly and Publicly on Hong Kong, Says Human Rights Lawyer

HENRY JOM

MELBOURNE, Australia—A cautious response by the Australian government towards Hong Kong's proposed extradition bill is unlikely to protect Australia's interests in the area, human rights lawyer Simon Henderson said at a seminar hosted by La Trobe University's China Studies Research Centre on Aug. 1.

Instead, standing up firmly for human rights and the rule of law will show that Australia is serious about its foreign policy values, Henderson said, echoing Prime Minister Scott Morrison's remarks to the Asia

Briefing in November last year.

Henderson said that Australia can do more to support Hong Kong in following the lead of the European Union, Germany, the United Kingdom, Canada, and the United States, who have publicly called on Hong Kong to have it's proposed extradition bill scrutinised to ensure that the rights and freedoms of the Hong Kong people are protected.

"Foreign governments need to be aware that advocating for the protection and promotion of human rights doesn't involve interfering in internal affairs—as a matter of inter-

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HONG KONG

Chinese Army's Hong Kong Garrison Releases 'Anti-Riot' Video in Show of Muscle

NICOLE HAO

As protesters in Hong Kong plan more demonstrations triggered by the now-suspended extradition bill, the Chinese army garrison that's stationed in the city has released a video showing soldiers participating in an "anti-riot simulation exercise."

The city is currently facing its biggest political crisis since the former British colony's return to Chinese rule in 1997, as Hongkongers have staged large-scale marches to oppose an extradition proposal that would have allowed people to be sent to stand trial in mainland China, prompting widespread fears that individuals would be

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RED CHINA THREAT

Free From INF Treaty, US Announces Plans to Deploy Missiles with Indo-Pacific Allies to Deter China

IVAN PENTCHOUKOV

The United States, now unbound from the Intermediate-Range Nuclear Forces treaty with Russia, plans to deploy ground-launched missiles to counter China's growing arsenal and deter potential conflict, according to the heads of the State Department and the Pentagon.

Following more than a decade of

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DAVID GRAY/AFP/GETTY IMAGES



U.S. Secretary of Defense Mark Esper (R) Australia's Chief of Defence Force General Angus Campbell (L) and Secretary of Department of Defence Greg Moriarty in Sydney on Aug. 4, 2019.

POLITICS

White House Watching Google Closely Amid Reports of Election Interference, Trump Says

BOWEN XIAO

The White House is keeping a close eye on Google amid reports that the company is working with the Chinese Communist Party's military and allegedly interfering in the U.S. presidential elections, both in 2016 and in the upcoming 2020 election.

President Donald Trump made the warning in a series of Twitter posts on Aug. 6, in which he talked about a recent meeting he had with Google CEO Sundar Pichai. He said Pichai was working "very hard" to show they liked him and said he praised the "great job" the administration is doing.

Trump said Pichai denied that Google was involved with China's military and denied helping then-presidential candidate Hillary Clinton in the 2016 elections. He said Pichai assured him they are "not" planning to subvert the 2020 elections, "despite all that has been said to the contrary."

"It all sounded good until I watched Kevin Cernekee, a Google engineer, say terrible things about what they did in 2016 and that they want to 'Make sure that Trump loses

It all sounded good until I watched Kevin Cernekee, a Google engineer, say terrible things about what they did in 2016 and that they want to 'Make sure that Trump loses in 2020.'

U.S. President Donald Trump

in 2020,'" Trump continued.

"Lou Dobbs stated that this is a fraud on the American public. Peter Schweizer stated with certainty that they suppressed negative stories on Hillary Clinton, and boosted negative stories on Donald Trump.

"All very illegal," Trump added. "We are watching Google very closely!"

A Google spokesman rejected Cernekee's claims in an Aug. 6 email to The Epoch Times.

"The statements made by this disgruntled former employee are absolutely false," the spokesperson wrote. "We go to great lengths to

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Accuracy
& Integrity

The Epoch Times was founded in 2000 to provide honest and uncensored news coverage of China. Based in New York City, our newsroom is dedicated to restoring accuracy and integrity in media. We stand outside political interests and the pursuit of profit. And we stand against the systematic destruction of traditional culture by destructive ideologies such as communism.

Controversial Conservative Raheem Kassam Challenges Australian Senator to Public Debate

RICHARD SZABO

SYDNEY, Australia—One of the Commonwealth of Nations’ most controversial political thinkers is inviting a critic of his from Australian politics to join an open debate in Sydney on Aug. 9.

British conservative political activist Raheem Kassam is challenging Deputy Leader of the Opposition in the Senate Kristina Keneally to a public debate at Rydges World Square in Sydney during the Conservative Political Action Conference (CPAC) proceedings.

“Senator Keneally should come along, she might learn something,” Kassam told The Epoch Times in an emailed statement. “I’ll even let her ask the first question ... I’d let her on stage to debate me if she likes.”

Kassam is scheduled to speak at CPAC Australia, to take place Aug. 9-11. Organisers say they see CPAC Australia as a rallying point for those who identify with conservative and libertarian values to gather and share their vision for the nation’s future.

Keneally used parliamentary proceedings on Aug. 1 to compare Kassam to another controversial political commentator Milo Yiannopoulos in an attempt to revoke his visa. Yiannopoulos was refused entry into Australia back in March due to his remarks on social media about the Christchurch mosque massacre.

“Raheem Kassam has campaigned against Muslim migration, described Islam as a fascistic and totalitarian ideology, and said the Koran was ‘fundamentally evil.’ Yet the government is refusing to ban Mr. Kassam from entering Australia,” Keneally said, according to parliamentary transcripts. Kassam is a former Muslim.

Kassam says that his public remarks are given in the spirit of being sardonic, or even mildly humorous and jovial—not as hate speech. He added that his remarks “only ever direct blame at one group of people:



Conservative Writer Raheem Kassam stands outside the Westminster Arms pub in London, UK, on Oct. 28, 2016.

I struggle to see how ... my opinion on the religion I spent 20 years in can be counted as ‘hate speech.’

Raheem Kassam, British conservative political activist

the establishment.”

Kassam said he cannot imagine how anyone can call his criticism of the establishment “hate speech” when there are far worse left-wing militant groups causing damage to property using physical violence, and harassing anyone who they consider to be fascist, racist, or far-right.

“I struggle to see how ... my opinion on the religion I spent 20 years in can be counted as ‘hate speech,’” Kassam told The Epoch Times.

Of his appearance at CPAC, he said, “I make no claim that Australians ‘need’ to hear me, it just so happens that some wanted to and I’m happy to oblige.”

Keneally is not the only Labor party member to raise alarm at the prospect of conservatives and libertarians debating ideas at CPAC. Fellow Labor Senator Penny Wong

used social media to share her view that CPAC was anything but a forum of “harmless ideas.”

Kassam said that he has never seen a major political party appear to have “lost its collective mind” over him.

“This is the first time,” he said. “The funny thing is, the left used to pretend to stand up for minorities and speech; they were the ones who encouraged dissent from the norm in the 60s. Now, they’ve become automatons demanding fealty to their new god: multiculturalism.”

The son of the U.S. President Donald Trump backed Kassam on Twitter, saying that the “insanity needs to stop.”

Centre-right Liberal Leader of the Government in the Senate Mathias Cormann said in response to Keneally that it was “inappropriate” to detail individual visa cases in the

way she had invited him to do.

“If Senator Keneally understood the Migration Act and how that is appropriately administered, she would not have asked me that question,” Cormann said in parliament on Aug. 1.

He also reiterated Australia’s commitment to freedom of speech balanced with character tests.

“The government fundamentally believes in and supports the principles of freedom of thought, speech, expression, and association,” Cormann said. “It is those freedoms which underpin a strong and healthy democracy.”

The Epoch Times understands that Keneally has “no plans nor desire to attend” the CPAC conference, according to her office.

“She won’t because she’s a chick-en,” Kassam said.

Australia Should Speak Up Firmly and Publicly on Hong Kong, Says Human Rights Lawyer

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national law,” Henderson said. “Human rights are universal, indivisible, interdependent.”

Australia’s Response

On Aug. 5, former Prime Minister John Howard spoke publicly at a mining conference about the Hong Kong protests, describing the hundreds of thousands of peaceful demonstrators as “inspirational,” according to The Australian.

“When you think of the total population of Hong Kong and the number of people taking part in those demonstrations, it is a remarkable reminder of the resilience of the human spirit.”

Howard said that the Chinese regime is more authoritarian compared to 10 years ago, adding that “what we are seeing in Hong Kong perhaps represents a glimpse of the future for Chinese society.”

Despite no longer holding any responsibilities of office, commentators have described Howard’s speech as an important intervention. This is in stark contrast to Foreign Minister Marise Payne who has been relatively cautious in her response, according to Henderson.

In a radio interview with ABC radio on Aug. 6, Payne acknowledged Australia’s interests in Hong Kong, and said she hoped both sides are “working with restraint and are trying to resolve tensions peacefully.”

Her response was similar to one she gave on June 12 that said: “Australia supports the right of people to protest peacefully and to exercise their freedom of speech, and we urge all sides to show restraint and avoid



violence.”

DFAT did not respond to questions posed by The Epoch Times related to Hong Kong’s proposed extradition bill.

Henderson added: “What is well known is that Beijing certainly intervenes regularly in the political environment in Hong Kong. And for foreign government officials who are concerned about the safety of their nationals under this new extradition proposal ... it would allow anybody who set foot in Hong Kong to potentially be extradited to the mainland.

“The idea that the extradition measures would be allowing people to be sent from Hong Kong to the mainland is extremely problematic, let alone that Beijing was now openly and publicly advocating for them,” he said.

What Can Be Expected in the Short to Mid-Term

Despite no show of willingness

Simon Henderson, an international human rights lawyer, speaks at a seminar hosted by La Trobe University’s China Studies Research Centre on Aug. 1, 2019, in Melbourne, Australia.

When you think of the total population of Hong Kong and the number of people taking part in those demonstrations, it is a remarkable reminder of the resilience of the human spirit.

The Hon. John Howard, former Australian prime minister

from the Hong Kong government to resolve the situation, protestors remain highly motivated, Henderson said.

“The administration is in part acting with the hope that the protest movement will fade away.

“Unfortunately, I do see further escalation in the short term. I suspect what we are likely to see in the coming months is escalating violence on the streets.

“I think we’re going to see an escalation in protests and likely to see genuine riots, I think we’re starting to see further restrictions on assembly.”

In the mid-term, new laws could be introduced by the government to clamp down on protest activities.

“I do fear about the continuing rising rhetoric of the issues around foreign forces, and what [impact] that might have in terms of civil society development in Hong Kong.

“I don’t see though, at this stage, that PLA is likely to intervene as I think that would be catastrophic to the situation in Hong Kong. And I believe that Beijing knows that.”

What the Australian Government Can Do

Despite Australia’s economic interests in Hong Kong, Henderson said that standing up for Australia’s foreign values—such as respect for human rights and upholding the rule of law—needs to be prioritised.

He suggested that communications from the government need to state clearly that they are not for the purpose of interfering with internal affairs but to uphold international law.

Henderson also suggested that the

anti-extradition protester’s demand for an independent inquiry into police violence should be publicly supported by the Australian government.

In reference to any PLA deployment by Beijing, Henderson said: “Australia should privately inform Beijing that any action or deployment of PLA would substantially impact Australia-China relations.”

In addition, he said Australia needs to ensure that no crowd control equipment is exported to Hong Kong.

Henderson also suggested three measures that the Australian parliament could take.

“Firstly, a bipartisan motion on Hong Kong, which should note concerns with the overall deterioration of human rights, and rule of law environment, again, clearly stating such concerns are not interference.

“Secondly, I think the parliamentary joint committee on human rights should hold an inquiry into the human rights situation in Hong Kong.

Thirdly, Henderson suggested that the Australia-Hong Kong Free Trade Agreement (A-HKFTA), which was signed on March 26, should be carefully scrutinised to ensure sufficient human rights protections are in place before it progresses.

Henderson warned that Australia’s interests will not be protected by ignoring the events taking place in Hong Kong.

“Silence on Hong Kong will not deliver any additional economic agreements, and Australia should not accept any threats from Beijing that will harm such economic interests.

“We should not be held hostage to our foreign policy values.”

Latest US Sanctions Could Bring Venezuelan Economy to ‘Grinding Halt’

LUKE TAYLOR

BOGOTA, Colombia—The latest U.S. sanctions against the Maduro regime may cause some of Venezuela’s biggest trading partners to cease doing business with it, leaving that country financially isolated.

“If the Venezuelan economy has already slowed, it’s going to come to a grinding halt” should the sanctions be fully enforced, Sergio Guzman, of Colombia Risk Analysis, predicted.

The executive order, announced late Aug. 5, freezes Venezuela’s assets in the United States, bans entry to Venezuelan citizens believed to have aided the dictator, and could lead to measures being taken against any countries that continue to trade with Nicolás Maduro’s government.

All business dealings with “property and interests in property of the Government of Venezuela” within the United States will now be prohibited, according to the statement released by White House.

Private Venezuelan businesses aren’t affected, as the order stops short of a full embargo—such as the one enforced on Venezuela’s socialist ally, Cuba. It remains, however, the most symbolic wave of U.S. sanctions to date on the country, enforcing blanket measures instead of targeting individuals—as was previously the case—to break the ongoing political impasse.

“While the order falls short of an outright trade embargo, it represents the most determined U.S. action to remove Maduro since the Trump administration recognised opposition leader Juan Guaidó as Venezuela’s rightful leader in January,” said Geoff Ramsey, assistant



Venezuela’s Nicolás Maduro (L) on Jan. 9, 2019, and head of the National Assembly Juan Guaido (R) on Jan. 23, 2019.

Guaidó has welcomed the order, which he has reiterated “is not an embargo,” as it exempts items such as food, clothing, and medicine, which can alleviate human suffering.

director for the Washington Office on Latin America.

Guaidó, the head of the country’s National Assembly, declared himself interim president in January with the backing of the United States and more than 50 other nations, but has yet to succeed in replacing Maduro, who Guaidó says was elected fraudulently.

Restricting Maduro

Under Maduro, Venezuela’s economy has tanked, with oil produc-

tion in the world’s most oil-rich country plummeting to about a third of what it was just five years ago. Hyperinflation is estimated to reach 10 million percent this year, according to the IMF, with economists widely acknowledging the country’s decline to be the result of mismanagement.

Trump’s order could mean Venezuela’s economic crisis reaches new depths as it joins the likes of North Korea and Iran: Anyone who engages in business deals with

the country now risks facing U.S.-forced exile from the international financial system.

“This complicates Maduro’s ability to move funds and to sell crude, restricting his financial capacities,” said Asdrubal Oliveros, economist and director of Venezuelan data analysis firm Ecoanalitica. “Until the political situation is resolved and with this scenario, the Venezuelan economy is going to continue to contract. We estimate that it will fall 39.9 percent this year.”

Caracas officials have branded the latest move “economic terrorism,” while Maduro’s foreign office said it formalises a “criminal economic, financial and commercial embargo that ... has caused deep wounds in Venezuelan society.”

Guaidó has welcomed the order, which he has reiterated “is not an embargo,” as it exempts items such as food, clothing, and medicine, which can alleviate human suffering.

“It is essential to bear in mind that the dictatorship does not have popular support, but a structure whose loyalty is maintained by money stolen from the Republic. This action seeks to protect Venezuelans,” Guaidó wrote on Twitter hours after the order’s announcement, claiming that it protected the country’s assets from corruption.

Questions still remain, however, on how strictly the sanctions will be enforced, and if waivers will be allowed.

“Will there be further exceptions to this; does this embargo mean the U.S. capitulates on trying to seize assets in Venezuela?” Guzman asked, noting that Chevron Corp. has already received a waiver.

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China Opens New Front in Trade War

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vening in foreign exchange markets as part of their trade strategies. Manipulation of currency was a more common practice for manufacturing countries—mainly in Asia—oil exporters, and financial centres.

“The United States lost at least one million jobs as a result, especially during the Great Recession, when unemployment was already high. European countries were major losers as well,” he wrote.

Although currency manipulation has slowed in recent years, the practice continues to occur.

In May, the Treasury Department issued its semiannual report to Congress that analysed the exchange rate and economic policies of its major trading partners. The Treasury, in that report, didn’t name any country a currency manipulator. However, it put certain trading partners on a monitoring list that included China, Japan, Korea, Germany, Italy, Ireland, Singapore, Malaysia, and Vietnam.

Currency Manipulator

Beijing’s latest move to weaken its currency against the U.S. dollar prompted the Treasury Department on Aug. 5 to designate China as a currency manipulator.

A press release noted that Treasury Secretary Steven Mnuchin “will engage with the International Monetary Fund to eliminate the unfair competitive advantage created by China’s latest actions.”

What the currency manipulator designation means in practice remains to be seen, according to Stephanie Segal, deputy director and senior fellow at Centre for Strategic and International Studies.

“Actions on currency have ushered in a new stage in the U.S.-China trade war that risks spinning out of control absent a concerted effort to get negotiations back on track,” Segal wrote in a report. “Now that escalatory actions have been taken at the most senior levels of both governments, it’s not clear how either side stands down.”



A bank employee counts out 100-yuan notes at a bank in Shanghai on Aug. 8, 2018.

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Massive amounts of money from China and other parts of the world is pouring into the United States for reasons of safety, investment, and interest rates!

President Donald Trump

China’s move came on the heels of President Donald Trump’s announcement to impose 10 percent tariffs on an additional \$300 billion worth of Chinese imports. In a series of tweets last week, Trump accused the Chinese regime of failing to deliver on a pledge to buy more U.S. agricultural products. He also said China hasn’t followed through on its commitment to stem the flow of the synthetic opioid fentanyl into the United States.

White House economic advisor Larry Kudlow defended the Treasury’s action and said “pouring money and devaluing currencies” shouldn’t be the answer. He noted that Beijing had devalued the yuan by at least 10 percent in the past 15 months.

“We’re in great shape economically. And frankly, the biggest loser is China right now,” he told reporters on Aug. 6.

Foreign Investors Fled China

For more than a decade, the central bank of China had maintained the exchange rate between 6 and 7 yuan per U.S. dollar. And on Aug. 5, the yuan dropped almost 2 percent in one day, reaching 7.053 per U.S. dollar.

Trump denounced China’s move to devalue the yuan, via Twitter, stating, “This is a major violation which will greatly weaken China over time!”

In another tweet on Aug. 6, he wrote, “Massive amounts of money from China and other parts of the world is pouring into the United States for reasons of safety, investment, and interest rates!”

“We are in a very strong position. Companies are also coming to the U.S. in big numbers. A beautiful thing to watch!”

Following the announcement of

fresh 10 percent tariffs on the remaining \$300 billion of Chinese exports late last week, China saw more than \$2 billion in nonresident equity outflows, with almost \$1 billion in outflows on Aug. 2, according to data compiled by the Institute of International Finance.

The Treasury’s response “marks the latest escalation in the ongoing trade and currency dispute between the United States and China,” Todd Elmer, a foreign exchange strategist for Citigroup, said in a note to clients.

“The decision by the Trump administration to label China a currency manipulator marks the first time in the past several decades the Treasury has used this designation, with China, Taiwan, and South Korea the last countries to be named in 1994, 1992 and 1989, respectively,” he wrote.

Survivors of China’s Internment Camps Reveal that Detainees Include Han Nationals and Falun Gong Practitioners

OLIVIA LI

China’s far west Xinjiang region is home to many Muslim minorities, including Uyghurs and Kazakhs. Human rights groups estimate that around one million Muslims have been arbitrarily detained in the region’s internment facilities, which is referred to as “re-education camps” in China.

Only a few detainees have managed to leave China after they were released, providing a rare opportunity for the outside world to know what goes on inside these camps.

Chinese authorities justify “re-education” as a measure to prevent religious “extremism” and “terrorist activities,” and to ensure “ethnic unity” and national security. Moreover, these camps were recently renamed to “vocational education centres,” as China is facing continuous criticism from the international community.

According to a July 31 report from Radio Free Asia, two survivors from different detention centres say they have seen Han nationals and Falun Gong practitioners in their camps.

Gulzira Auelkhan, a Chinese citizen and ethnic Kazakh who has residency rights in Kazakhstan, returned to Xinjiang to visit her parents on July 16, 2017. She was detained by the Chinese border officials, and three days later, sent to a “re-education camp” where she was held for 19 months. She was then sent to a factory to perform labor until she was released last October. She was told that the reason for the detention and re-education was that she could not speak Mandarin.



Gulzira Auelkhan, who spent close to two years trapped in China, speaks to the media at the office of the Ata Jurt rights group in Almaty, Kazakhstan, on Jan. 21, 2019. She is pictured with her five-year-old daughter.

A Kazakh human rights organisation pressured Chinese authorities to release Gulzira. She was allowed to leave China and reunite with her husband in Kazakhstan at the beginning of this year. However, her two daughters are still left behind in Xinjiang.

Gulzira told Radio Free Asia that she had to wear a camp uniform and was forced to study Mandarin every day during her detention at the “re-education camp.” She said that all inmates had to study Chinese leader Xi Jinping’s speeches, the “glory” of China’s “One Belt, One Road” initiative, and the so-called ethnic unity.

Half a month after she was sent to the camp, she was forced to receive an unknown injection. Her long hair was cut short, and the authorities explained that the detention centre

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Half a month after she was sent to the camp, she was forced to receive an unknown injection. Her long hair was cut short, and the authorities explained that the detention centre is run like a military camp.

is run like a military camp.

Gulzira revealed that she had personally seen Falun Gong practitioners and Han nationals in her detention centre, along with Uyghurs, Kazakhs, Kirghizes, Hui, and Tatars. She came into contact with two Han nationals, one of them was young and the other was an elderly person. According to camp regulations, within each ethnic group, it was forbidden for three or more people to get together for a conversation.

Another detainee, a Han national from Xinjiang’s Altay Prefecture who had been held at an internment camp, shared his personal experience with Radio Free Asia on the condition of anonymity.

Last summer the police ransacked his home and found ethnic crafts that he’d been selling. They took him to the police station where he was interrogated and subjected to a torture method called “tiger bench” for three days and three nights in a row. He was not allowed to sleep until after 2 o’clock in the morning. As soon as he woke up, he would be bound onto the tiger bench again. The police asked how he obtained the ethnic crafts and why he travelled abroad. They also threatened to send his family to the “re-education camp.”

After the interrogation, the police took him to the People’s Hospital of Altay City, where he was forced to have blood drawn, undergo abdominal and chest B-ultrasound examination, urine test and electrocardiogram in the name of a “routine medical examination.”

He suffered continuous torture for nearly a month. During this period of time, he passed out multiple times,

and was at the brink of death. In the end, he was transferred from the police station to a “re-education camp” in Altay city.

He was held at the camp for nearly one year, where he met with more than 30 Han nationals. He revealed that the Han detainees he met included petitioners, religious believers and rights activists. All had been forced to go through the medical examination and forced to pay for it.

Taiwanese online media The Reporter exposed a similar story. Kazakh citizen Yar Khali was arrested when he entered Xinjiang on Nov. 9, 2017. The charges include travelling to Kazakhstan, practicing Islam and downloading WhatsApp on his mobile phone. Although he did not plead guilty, he was held in the “re-education camp” for more than 400 days, where he suffered different forms of torture—such as being slapped, punched, beaten with electric batons, and starved for several days.

Yar Khali told The Reporter that his personal experience helped him understand that these camps have nothing to do with the so-called “fighting against extremism.” Instead, it is an instrument of dictatorship used to persecute ordinary civilians.

He too had seen Falun Gong practitioners, Christians and Han Chinese among the camp detainees. “If the truth of the ‘re-education camp’ is made known to all, the various ethnic groups would unite to fight against the Chinese communist regime,” Yar Khali said, “because the Chinese regime is persecuting every citizen, every religion.”

China Jails 22-Year-Old for Drawing ‘Insulting’ Cartoons

EVA FU

In China, lacking a nationalist spirit has become the latest crime, as the story of a 22-year-old college graduate attests.

Zhang Dongning has taken to using Japanese-style caricatures to depict trending social issues. Over the past two years, the cartoonist from Anhui Province has produced a pig-themed series of more than 300 satirical cartoons, depicting trends such as the traditional Han couture craze, veterans demanding their unpaid retirement benefits, and Chinese tourists’ Thailand buffet frenzy. All Chinese characters in the artworks appear pig-headed and she names them “piggle.”

Ahead of New Year’s Day, when China officially transitioned into the Year of the Pig, Zhang posted another pig-themed caricature “celebrating” the occasion: a map of China in the shape of a grim-faced, prostrated pig, vermilion in color, on which various pig-headed figures pop up protesting the recent scandals across China. Five yellow stars appear prominently on the top left corner, referencing the flag of communist China.

Authorities Take Issue

On July 28, local authorities in Tianjia’an, a branch of the Huainan Public Security Bureau, announced that Zhang had been arrested for being “Jingri” and insulting China. Literally translated as “Japanese in spirit,” the term “Jingri” became popular among mainland Chinese in 2018 as a somewhat derogatory reference to Chinese nationals who identify themselves more with Japan than their own country.

The police accused Zhang of “in-



Zhang Dongning, a 22-year-old cartoonist, was jailed for her “insulting” artwork.

The police accused Zhang of ‘insulting Chinese people’s image’ and ‘intentionally distorting China’s historical facts.’



Zhang Dongning’s artwork depicting the veterans who demand retirement benefits. The sign in the center reads: ‘Please give veterans a mouthful of food.’

sulting Chinese people’s image, intentionally distorting China’s historical facts, and misinterpreting trending news in China and overseas,” according to the statement.

“[The cartoons] had seriously hurt Chinese feelings and trampled on national dignity, the impact on society was very damaging,” the statement read, adding that the officials decided to arrest Zhang to prevent “future criminal activities” and “clean up internet space.”

The statement also said that the police had launched a probe in October 2018 after the “insulting-China” cartoon series came to their attention.

On the same day as the announcement, police from five other regions in the country also announced the arrest of eight other so-called “pro-

Japanese” individuals, including someone surnamed Lu who allegedly colluded with Zhang. Both had seen their accounts on Weibo, the Twitter-like platform where they circulated the cartoons, deactivated by the police.

Netizens Speak Out

The jailing of the young cartoonist has sparked outrage across China’s internet. Critics have attributed Zhang’s arrest to an intensifying censorship campaign online and in the media being drummed up as the Chinese Communist Party prepares for the 70th anniversary of the regime’s founding.

Nie Chenxi, the vice director of China’s Publicity Department in charge of disseminating propaganda, has

issued directives asking local offices to “stand on political high ground to modulate every television episode, every documentary, and every cartoon,” and be watchful “every second” for anything that deviates from the “official main theme” or “sensitive topics,” state media reported.

“What’s wrong with Zhang Dongning doing a pig-themed cartoon series? It’s the Year of the Pig, and many families have affectionately called their newborns ‘baby piggy,’” investigative journalist Gao Yu said in Zhang’s defense. A prominent dissident herself, Gao had once been detained for seven years for her reporting on China’s elite-circle politics.

Some internet users said that they identified with what Zhang portrayed and questioned the validity of the so-called crime.

“What kind of crime is being ‘Japanese in spirit,’ can the officials please come out and give an explanation?” one person wrote on Weibo. “The criminal law needs to make space for dozens of blanks for the new criminal charges.”

“What I eat is tainted food, what I drink is tainted water, what I breathe is tainted air,” another wrote. “Thank you for depicting the truth.”

Several Chinese lawyers also wrote analyses further refuting the authorities’ claims.

“For insulting charges, the target of the crimes can only be individuals and not a group, there needs to be specific victims,” Shandong lawyer Fu Wen wrote in an article on Weibo. “For this case, if there is any victim, it would be all Chinese people, but there’s a question of whether every Chinese person would think that their personal dignity and reputation have been harmed.”

Chinese Army’s Hong Kong Garrison Releases ‘Anti-Riot’ Video in Show of Muscle

CONTINUED FROM A1

handed over to face trial in the Beijing regime’s opaque legal system.

In recent weeks, protesters’ demands have evolved to include universal suffrage and investigations into Hong Kong’s police use of force, after they fired tear gas, rubber bullets, and other implements to disperse crowds.

The People’s Liberation Army (PLA), the official name of China’s military, has remained in its barracks since protests began in April, leaving Hong Kong’s police force to deal with the protests.

But there is local anxiety about the possibility of the PLA deploying its troops to quell protests, as evidenced by internet reports of the PLA sending troops to the mainland Chinese border with Hong Kong, along with recent comments by a spokesman for China’s Ministry of National Defense that hinted at the possibility.

Video

The video was presented at a reception that was organised by the garrison on July 31, as part of celebrations for the 92nd year of the PLA’s founding.

Chen Daoxiang, the garrison commander, gave a speech, in which he condemned the recent protests as “extremely violent,” and “absolutely cannot be tolerated.” He also said the garrison “resolutely supported” current Hong Kong leader Carrie Lam and the Hong Kong police.

Then, the video, titled “Never Forget Our Purpose, Protect Hong Kong,” was shown.

Troops from the Hong Kong garrison can be seen firing weapons on land, at sea, and in the air as part of exercises.

In one scene, captioned an “anti-riot simulation exercise,” a soldier shouts

in Cantonese several times: “All consequences are at your own risk.” This is the only sentence in the entire video where a soldier is heard speaking the local dialect.

A red sign with the words, “Warning, Stop charging or we use force,” was also held aloft, similar to what Hong Kong police have used during protests.

The video then shows roughly 10 seconds of troops with shields firing at an unarmed group of people. Several people with their hands cuffed are then taken away.

The provincial police department for Guangdong—the mainland Chinese province that borders Hong Kong—announced July 30 that it’s practicing security measures for Oct. 1, the anniversary of the Chinese Communist Party’s takeover of China. The police department operated a drill in Foshan City, where roughly 20,000 police from across the province practiced using riot control, armored, and army transport vehicles, among other defense equipment.

Scare Tactic

U.S.-based China affairs commentator Tang Jingyuan said that even with the overt aggressive messaging by Chinese authorities in recent days, the possibility of actual PLA deployment is low, as international scrutiny of the Hong Kong protests has put the Chinese regime in a bind.

The garrison’s actions were most likely about flexing its muscle, he said. As Beijing is dealing with a trade dispute with the United States and uncertainty in Taiwan’s upcoming presidential election, its priority is to exhibit stability.

“The nature of the Chinese Communist Party and its history shows that it will only shoot the people when it thinks there’s a risk to its ruling,” Tang told The Epoch Times in a phone interview on Aug. 1.

“The current situation in Hong Kong is different from what happened in Beijing during the 1989 Tiananmen Square Massacre,” Tang said, noting that while Hongkongers are critical of the Chinese regime, they aren’t challenging the Chinese regime’s sovereignty over the territory.

In 1989, student protesters were calling for government reform, which presented a challenge to the Party’s authority.



A Chinese People’s Liberation Army (PLA) soldier guards the entrance to the PLA Forces Hong Kong Building in the Admiralty district in Hong Kong on Aug. 1, 2019.

The nature of the Chinese Communist Party and its history shows that it will only shoot the people when it thinks there’s a risk to its ruling

U.S.-based China affairs commentator Tang Jingyuan

Chinese Citizens Complain that Beijing’s Latest Trade War Retaliation Hurts Their “Recreational Rights”

OLIVIA LI

The day after the U.S. Treasury Department officially designated China as a “currency manipulator,” Air China announced that it would suspend Beijing-Hawaii flights starting August 27. Chinese tourists believe it is one of the Chinese regime’s retaliation methods, and expressed their anger online, saying “why do you punish your own citizens because you are fighting a trade war with the United States?”

Air China’s flight from Beijing to Honolulu is presently the only direct flight between the two cities. The announcement to suspend flights was made on August 6, and attributed to “factors including network layout and capacity arrangement.”

The announcement came at a sensitive time when trade tension between the two countries is rising to a new level.

U.S. President Donald Trump announced on Aug. 1 new tariffs on an additional \$300 billion worth of Chinese imports. Beijing then allowed the Chinese yuan to devalue past its seven-per-US-dollar benchmark on Aug. 5. On the same day, for the first time in 25 years, the U.S. Treasury Department designated China a “currency manipulator.”

Chinese citizens do not trust the reasons Air China gave for suspending the flights to Honolulu, they believe it to be a retaliatory measure.

Many netizens expressed complaints in the comments section of news reports about Air China’s announcement.

“The Chinese authorities are punishing their own citizens to vent their anger!”

“Do not sacrifice civilian’s interests because of the trade war.”

“Our recreational rights are harmed for the sake of improving your bargaining power in a trade war. What kind of government is this? There is only one such regime in the whole world.”

Some tourists had already booked tickets to Hawaii. A tourist named “Wang Xiao” said his flight to Honolulu would be before Aug. 27, but his return flight was scheduled for after Aug. 27.

“If the only redemption for passengers like me is a full refund after the suspension, I am wondering how I am going to make my way back! Why don’t you offer an alternative flight for all passengers who already booked tickets?” He posted a complaint online. “Other airlines will make announcement six months ahead of time. Air China gave us such short notice. It is really a rogue!”

Some netizens also made ironic comments.

“Why not cancel the flights to Washington D.C. too?”

“In the future, China only needs to retain flights to North Korea, Russia, and Iran.”



Chinese tourists enjoy a sunny afternoon on Koh Rong island in Siem Reap, Cambodia, on Aug. 1, 2018.

Join in Restoring Virtue and Values to Society

For Our Children and Grandchildren’s Sake...

At The Epoch Times, we’re building a media supported by readers instead of corporate advertisers, ensuring it’s free from outside influences—forever. Please help to strengthen this vision.

A REAL DANGER

Our Civilisation Faces Serious Threats at This Moment in History

- 1. Our nation is in trouble. According to a 2018 survey, 58 percent of young Australian voters say they would prefer to live in a socialist society.*
- 2. If this trend continues, within the next decade, Australia could become a socialist country.
- 3. 85% of newspaper sales in Australia are concentrated in two corporations. This is one of the highest rates of media concentration in the world and limits the diversity of views that inform and enable rigorous public debate.
- 4. For decades, ideas stemming from communist ideology like socialism and cultural marxism have been moving Australia away from the preservation of rights enshrined in the Magna Carta.
- 5. These ideas create social turmoil, division, frustration, hatred, and violence; they break down the morality at the foundations of society. These same ideas now have found their way into the government, schools, and other key institutions across the nation.

* POLICY PAPER ON MILLENIAL ATTITUDES TOWARD SOCIALISM CONDUCTED BY THE CULTURE, PROSPERITY CIVIL SOCIETY and THE CENTRE FOR INDEPENDENT STUDIES.

THE BEST DEFENSE

The Epoch Times Stands Firmly Against this Subversion

- 1. The Epoch Times has the wisdom to expose the evil nature of communism and its infiltration into our media, schools, government, churches, and society.
- 2. The Epoch Times has the courage to expose fake news, to safeguard the values this country was founded on, and to report important stories not covered by other news outlets.
- 3. Built on the values of Truth and Tradition, and based on the virtue of compassion, The Epoch Times promotes long-established universal values that represent the best of humankind.



“After being lobbied and seduced by those puppets, politicians, journalists and leaders of all sorts of organisations across the country believe they are responding to the wishes of ‘Chinese-Australians’. They are in fact dancing to the tune of the Chinese Communist Party.”

Clive Hamilton, Author of ‘Silent Invasion: China’s Influence in Australia’

THE CHALLENGES

We’ve Been Fighting a Long Battle

Since our founding in 2000, the Chinese Communist Party, with its multibillion-dollar lobbying and overseas propaganda budget, has tried relentlessly to stop The Epoch Times. It’s not easy to stand up to the world’s biggest dictatorship, with the world’s largest propaganda and fake news operations, but we have done it.

These Are Some of the Many Challenges We Face:

- 1. The Chinese Communist Party has threatened and intimidated our advertisers and ad agencies.
- 2. The Chinese regime makes it clear to companies with business ties with China that working with us will cost them business.
- 3. The Chinese regime has had its agents steal our newspapers and distribution boxes, vandalise our offices, and spread misinformation about us abroad. Inside China, the regime has jailed and tortured our journalists.

Violence We Faced



In 2006, Dr. Peter Li, chief technical officer of The Epoch Times, was beaten, tied up, blindfolded with duct tape, and robbed of two laptop computers by three Asian men who burst into his suburban Atlanta home, wielding a gun and a knife.



A NEWSPAPER you can trust

This Did Not Stop Us

You can help make the global communist community’s efforts meaningless—and help us to expand! To achieve this, we need your help!

The Epoch Times Contributes to Society

- 1. Truthful reporting on the issues that matter, including the Trump administration’s achievements in the United States and around the world.
- 2. Leading the reporting on the Chinese communist threat over the last 18 years (since 2000).
- 3. Exposing communist thought in our government, schools, universities, popular culture, and media.
- 4. Reporting on the persecution of Falun Gong, including the state-sponsored forced organ harvesting in China—one of the most underreported atrocities of our time.
- 5. Spreading the truth through Freegate secure anti-censorship software.
- 6. Providing an acclaimed Mind & Body section that that offers insights from traditional wisdom and holistic wellness.

Rigorously Exposing Communism

The Epoch Times actively works to investigate and expose communist ideology, its history, theory, and true intentions. Our latest series, “How the Spectre of Communism is Ruling Our World,” exposes the nature of communism and the harm it has brought and continues to inflict on the world.

Since the book “Nine Commentaries on the Communist Party” was published by The Epoch Times in December 2004, 320 million Chinese people have renounced the Chinese Communist Party and its associated organisations.

The Epoch Times reports issues and events side-stepped by other media, but which are vital to exposing the harm communism poses to humanity. These include the persecution of Tibetans, underground Christians, practitioners of Falun Gong, Uyghurs, and other groups in China.



Our infographics have had a big impact on society, allowing people to understand the intricate connections between seemingly unrelated events, revealing what mainstream media is not telling you.

Our Investigations

We have championed a new method of investigative journalism, bringing together the best of both traditional journalism and quality design to tell stories that expose corruption and subversion. Our work has included investigations about:

- 1. Illegal Spying on President Trump (February 9, 2018)
- 2. China’s Military Expansion Into Space (March 23, 2018)
- 3. The Secret Propaganda War on Our Minds (April 6, 2018)
- 4. Hillary Clinton and the Uranium One Deal (February 16, 2018)
- 5. Spygate: The True Story of Collusion (October 12, 2018)
- 6. Clinton Foundation ‘Pay to Play’ Model Under Investigation (December 5, 2018)

IMPACT OF THE EPOCH TIMES Conscience Over Profit: Organ Killings in China—The Sixty Million Dollar Decision

Entrepreneur Jeffrey Van Middlebrook turned down \$60 million in R&D funding from China after finding out the Chinese regime harvests organs from practitioners of Falun Gong.



“Once I started reading these articles in your newspaper I decided I could not do business with China.”

Jeffrey Van Middlebrook, entrepreneur





We are the “lucky country.” But our parliamentary democracy only works when the populace is well informed through an honest and transparent press. This is the role that The Epoch Times strives to fulfill.

What People Are Saying



“The Epoch Times is a distinctive newspaper and reports the news truthfully, decently and fairly. It’s a shame that only Chinese Epoch Times was available in the early days. Now, I look forward to the relaunch of the English edition. The Australian community needs to know what is happening in China and the suppression of human rights under the CCP. This will uphold Australian values and is also an opportunity for Australians to help improve the human rights situations in China.”

Qi Jiazhen, Writer



“I think as a media company The Epoch Times can be part of a positive force for the culture and a positive force within this economic machine of capitalism to help elevate cultural products and ideas that are going to help heal society as you preserve the family.”

Carrie Sheffield, founder, Bold



“The first duty of the press,’ the great London newspaper The Times declared as long ago in 1851, ‘is to obtain the earliest and most correct intelligence of the events of the time, and instantly, by disclosing them, to make them the common property of the nation.’ “There can be no doubt that in assessing the newspapers of the world, The Epoch Times deserves the encomium that it is a leader in observing, to the very highest degree, this timeless enunciation of the first duty of the press.”

Emeritus Professor David Flint AM



“As a child, my father would eagerly look forward to reading The Epoch Times newspaper. Now I understand why, it’s 100% correct. A rare publication celebrating Chinese culture whilst speaking against the atrocities of communism. Australians take note.”

Asha Towers, NSW President of the National Civic Council



“The Epoch Times has done a great job in its quest for truth and its devotion to humanitarian concerns.”

Feng Chongyi, Associate Professor in China Studies at University of Technology Sydney

A Brief Introduction to The Epoch Times

Started in 2000 by Chinese-Americans who fled communism, The Epoch Times was founded in America to bring truthful and uncensored news to Chinese people worldwide—people oppressed by lies, violence, and propaganda. The English edition of Epoch Times was started in 2004, and has upheld the same values.

In December 2000, a few months after we began publishing, 10 of our staff members in China were jailed and tortured. They were sentenced to prison terms ranging from three to 10 years, forcing us to work largely underground in China. Later, Epoch Times contributors continued to be targeted: One died in a Chinese prison in 2017 after 12 years in jail; another was just released on Feb. 13, 2018 after over 10 years in jail.

Despite these challenges, we have been committed from the beginning to getting the truth out under difficult circumstances, and this is and will forever be part of The Epoch Times.

Having faced extreme challenges (financial, physical, and cyber) from

one of the most despotic regimes on the planet, The Epoch Times has never stopped delivering on its promise to readers: to use traditional, upright, and true journalism to keep the public informed.

We investigate issues overlooked—or avoided—by other media outlets. We don’t spin the news, push biased agendas, or create false narratives. We give the facts and context to allow readers to make up their own minds.

We report on a wide range of topics, from national politics, to holistic health, foreign affairs, traditional culture, immigration, and food & lifestyle.

We also hold that one of the most overlooked stories of the 21st century is the global cultural and moral destruction wrought by communism, and so we take special care to expose this deadly ideology and the harm it has caused to us all.

In all that we do, we make an earnest attempt to hold ourselves to the highest standards of integrity. This is our promise to you.

Make a Difference Today

The Power of Your Contribution

- 1. Help us publish truthful news.
- 2. Builds a nonpartisan, independent media that stands outside of any political interests.
- 3. Helps fund the research that exposes the true nature of communism and its impact on our media, our schools, our government, our religious institutions, and our society as a whole.
- 4. Helps us to report stories within Australia and abroad that are rarely reported by other media outlets.
- 5. Safeguards a forum for discussion of traditional values and the traditional vision of journalism.
- 6. Informs schools, universities and other public institutions with our content.

What Your Contribution Achieves

- \$50 – Help us get our message of ‘Truth and Tradition’ into local universities.
- \$500 – Help 250 households test drive The Epoch Times newspaper.
- \$5,000 – Help us create an ebook of “How the Spectre of Communism is Ruling our World” so that millions of people can enjoy reading it in book form.
- \$10,000 – Fund the research and production of a new investigative piece so that millions of people can benefit from it.
- \$20,000 – Help us reach an extra 1 million people with an Epoch Times investigative journalism video.



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‘We Must Stop the Glorification of Violence’: Trump Points to Violent Video Games in Wake of Shootings

JANITA KAN

President Donald Trump has partly directed blame toward violent video games for two mass shootings that left 31 people dead over the week-end, saying that the “glorification of violence” must stop.

Speaking to reporters at the White House on Aug. 5, Trump denounced the mass slayings, hate crimes, and white supremacy as he addressed the nation about the shootings in El Paso, Texas, and Dayton, Ohio, which occurred within 13 hours of each other.

“We must stop the glorification of violence in our society,” Trump said. “This includes the gruesome and grisly video games that are now commonplace. It is too easy today for troubled youth to surround themselves with a culture that celebrates violence.”

“We must stop or substantially reduce this, and it has to begin immediately. Cultural change is hard, but each of us can choose to build a culture that celebrates the inherent worth and dignity of every human life. That’s what we have to do,” he added.

This is not the first time Trump has raised concerns about the relationship between violent video games and the likelihood of individuals to commit violent acts.

“Video game violence & glorification must be stopped—it is creating monsters!” Trump wrote in a tweet back in 2012.

Following the 2018 Parkland, Florida, school shooting that left 17 people dead, Trump held a round-table discussion with several video game industry leaders and lawmakers in order to find possible solutions to combat violence in schools.

Along with Trump, several lawmakers have also raised concerns about possible subliminal factors in video games, which could trigger violent acts.

“Video games dehumanise individuals to have a game of shooting individuals or others,” House Minority Leader Kevin McCarthy (R-Calif.) said in an interview on Fox News’ Sunday Morning Futures programme. “We watched from studies shown before, of what it does to individuals. When you look at these photos of how it took place, you can see the actions within video games.”

Texas Lt. Gov. Dan Patrick, a Republican, shared similar sentiments, condemning the incidents over the weekend as “evil.”

“How long are we going to ignore—at the federal level particularly—where they can do something about the video game industry?” Patrick told Fox & Friends.

Responding to McCarthy, Rep. Alexandria Ocasio-Cortez (D-N.Y.) disputed his claim and instead placed



A man plays a computer game on Feb. 27, 2018.

Cultural change is hard, but each of us can choose to build a culture that celebrates the inherent worth and dignity of every human life.

President Donald Trump

the blame of the shootings on white supremacy.

“Video games aren’t causing mass shootings, white supremacy is. Sadly the GOP refuse to acknowledge that, bc their strategy relies on rallying a white supremacist base,” Ocasio-Cortez said in a tweet on Aug. 4.

Nexus Between Video Games, Gun Violence

Trump’s recent comments have added fuel to the debate over possible links between gun violence and video games. The president and other critics have long believed that violence in movies and video games can play a role in “shaping young people’s thoughts” and want industry leaders to address the issue.

In one review of more than 1,000 studies, the American Academy of Pediatrics, the American Psychological Association, and the American Medical Association declared in a summary of their findings that evidence points “overwhelmingly to a causal connection between media violence and aggressive behaviour in some children.

“The conclusion of the public health community, based on over 30 years of research, is that viewing entertainment violence can lead to increases in aggressive attitudes, values, and behaviour, particularly in children,” the reviewers wrote in a joint statement in 2000.

Professor Jay Hull, from Dartmouth

College’s Psychological and Brain Sciences department, told The Epoch Times that his team’s analysis of 24 studies, which tracked more than 17,000 people for periods of three months to as long as four years, found an association between playing violent video games and increases in physical aggression over time. The research, which was co-authored by two other researchers and published in October 2018, studied people in samples with the average age varying from 9 to 19 years old.

“We feel like we have pretty solid ground to say that, yeah, these kinds of games are associated with increased aggression,” he said.

“Longitudinal studies measure something at one point in time and then check at a different point in time later on to see the changes in aggression and to see if game playing at time one is predictive of the amount of change over time that you see,” he added. “This is not simply a correlation. It’s not simply saying: Oh, there’s a correlation between them. It’s evidence that, in fact, change over time in aggression, is associated with playing these games.”

But not all researchers agree. In February, researchers at the Oxford Internet Institute found that there was no evidence to show an association between the amount of time spent playing violent video games and aggressive behaviour in adolescents.

In another study, published in March, a University of Buffalo professor found that exposure to video games itself may not create aggressive behaviour but may trigger violent acts in people who already have a predisposition toward violence.

“Video games do not, in and of themselves, create aggressive behaviour. Rather, the video game may act as a primer for violence and aggression when specific biological and social conditions are present,” Richard Lamb, associate professor of learning and instruction and director of the Neurocognition Science Laboratory, said in a statement.

In 2018, the World Health Organisation (WHO) said gamers who are “characterised by impaired control over gaming” now qualify as suffering from a mental health condition. This classification aims to help identify people who have become addicted to video games and aren’t seeking help, researchers said.

The gaming industry is a multi-billion-dollar market. In 2018, the U.S. video gaming industry generated a record \$43.4 billion in revenue, an increase of 18 percent from 2017, according to recent data from the Entertainment Software Association (ESA). According to the ESA, there are currently about 150 million gamers in the United States.

Epoch Times reporter Bowen Xiao contributed to this report.

White House Watching Google Closely Amid Reports of Election Interference, Trump Says

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build our products and enforce our policies in ways that don’t take political leanings into account. Distorting results for political purposes would harm our business and go against our mission of providing helpful content to all of our users.”

Election Interference

A current Google employee was caught on hidden camera in June by Project Veritas saying that the company’s goal, in some of its efforts, was preventing Trump or anybody like him from getting elected again.

Dr. Robert Epstein, a senior research psychologist at the American Institute for Behavioural Research and Technology, told The Epoch Times last year that a 2016 secret

monitoring project he conducted showed Google hid negative auto-complete search results for Clinton, months before the election.

“It’s one thing to show the power that search results have, but in the project, we showed that Google search results actually did favour one candidate,” he said.

Epstein’s peer-reviewed research found that Google’s algorithms can easily shift 20 percent or more of votes among voters, up to 80 percent in some demographic groups. He also found that Google search suggestions can turn a 50-50 split among undecided voters into a 90-10 split.

Chinese Military

In March, the United States’ top general testified that China’s mili-



A security guard passes a Google booth at the China International Import Expo in Shanghai on Nov. 5, 2018.

tary is benefiting from the work Google is doing in the communist country.

“The work that Google is doing in China is indirectly benefiting the Chinese military,” Marine Gen. Joseph Dunford, chairman of the Joint Chiefs of Staff, said during a

Senate Armed Services Committee hearing.

“We watch with great concern when industry partners work in China knowing that there is that indirect benefit,” he said. “Frankly, ‘indirect’ may be not a full characterisation of the way it really is, it is more of a direct benefit to the Chinese military.”

James Andrew Lewis, senior vice president and director of the Technology Policy Programme at the Centre for Strategic and International Studies, told The Epoch Times in an Aug. 6 email, “All companies have to rethink research relations with China given Beijing’s increasing hostility.”

“Right now, what Google is doing in China is not illegal,” Lewis said. “That may change as the administration tightens export controls.”

Google said in 2018 that it no longer plans to acquire a \$10 billion cloud-computing contract with the U.S. Defense Department. Google said that part of the reason why it stopped competing for the contract was because of new ethical guidelines that it said don’t align with the project, according to Reuters.



President Donald Trump and Vice President Mike Pence during a welcome ceremony for newly appointed Secretary of Defense Mark Esper (center, R) at the Pentagon on July 25, 2019.

Free From INF Treaty, US Plans to Deploy Mid-Range Missiles to Deter China

CONTINUED FROM A1

violations by Russia, the United States withdrew from the treaty on Aug. 2. While Washington and Moscow remained formally bound by the treaty from flight-testing or possessing intermediate-range, ground-launched missiles, China aggressively developed these weapons, a strategic gap that has long been a concern for the Pentagon.

Secretary of Defense Mark Esper told reporters that the Pentagon’s position is to deploy non-nuclear INF-range missiles systems “sooner rather than later.” Esper specifically noted these systems’ importance to the Asia-Pacific region. He hoped to have a deployment within “months” but noted that “these things tend to take longer than you expect.”

“So, the best answer is, sooner rather than later, we want to develop this capability and make sure we can have long-range precision fires, not just for that theater, but for the theater that we’re deploying to as well, because of the importance of great distances we need to cover, and how important an intermediate-range conventional weapon would be to the Asia Indo-PACOM theater,” Esper said.

Deploying ground-launched missiles in Asia would require the cooperation of America’s allies. Secretary of State Mike Pompeo said Aug. 4 that deterrence is the ultimate goal of deployment and that the United States will deploy systems with the consent of allies and “with respect to their sovereignty.”

“Remember why it was created. It was created with a vision of deterrence,” Pompeo said of the treaty. “That’s always been our mission set and it will continue to be so.”

One-third to one-half of China’s ballistic and cruise missile arsenal would violate the treaty if Beijing was bound by the treaty, according to a U.S. assessment. The bulk of the missiles carry conventional, non-nuclear warheads. These missiles are Beijing’s “ace in the hole” when it comes to military capabilities, according to Ian Williams, the associate director of the Missile Defense Project at the Center for Strategic and International Studies. As a result, Beijing “would be very loath to give that up” as part of any future arms pact.

“This is the bulk of their military capabilities. Their navy is still not—it’s getting there—but it’s still not quite up to being able to stand toe-to-toe to the United States. Their air force is large, but also questionable as to their ability to stand up to the U.S. and Japan, for example. So, what is their kind of ace in the hole? It’s all of these intermediate-range missiles they have, that they can fire from mainland China out,” Williams said.

When President Donald Trump ordered the withdrawal from the treaty in October last year, he said he would

be open to an arms-control pact that included China and other countries. Pompeo, in his official statement on the withdrawal, offered China and Russia to engage in creating a multilateral arms control treaty.

Considering China’s reliance on its conventional intermediate-range missile arsenal, any viable treaty would have to be limited to nuclear-capable missiles.

Trump told reporters at the White House on Aug. 2 that he has spoken to the leaders of Russia and China about a potential nuclear arms deal. Russian President Vladimir Putin and Chinese President Xi Jinping were both “excited” to discuss the issue, the president said.

“So, Russia—we have been speaking to Russia about that—about a pact for nuclear—so that they get rid of some, we get rid of some. We’d probably have to put China in there,” Trump said.

“Right now, we’re No. 1, Russia is No. 2, and China is No. 3. But China is quite a bit down, in terms of nuclear. China is much lower. But we would certainly want to include China at some point.”

Williams noted that a potential treaty that focused on limiting intermediate-range nuclear weapons would have the greatest chance of getting both Russia and China on board.

“That may be a better way to go if you’re trying to make progress,” Williams said. “You might even get Russia back in, because they don’t want to see new U.S. nuclear weapons in Europe. The Chinese don’t want to see a reintroduction of U.S. nuclear weapons in Asia.”

Trump said that Russia’s violation of the INF led him to exit the treaty to maintain the United States’ global military supremacy.

“The particular pact you’re talking about that expired as of today, they weren’t living up to their commitment,” Trump said.

“And I said, if they’re not going to live up to their commitment, then we always have to be in the lead.

“I’ve redone our nuclear. We have new nuclear coming. I hate to tell that to people. I hate to say it because it’s devastating, but we’ve always got to be in the lead.”

The United States fields a number of sea- and air-launched alternatives to the formerly banned intermediate-range missiles, but ground-launched missiles have a number of strategic advantages in a potential conflict. As a result, China wields a substantial strategic advantage.

“It’s not Russia that we’re concerned about. We’re concerned about China, which has developed a whole class of missiles that we were not permitted to have,” said Gordon Chang, author of “The Coming Collapse of China.” “It’s given China an enormous ad-

Getting out of the INF treaty has created a legal basis for the United States to now develop and deploy the kind of deterrent capabilities that we require to keep our kids out of war for most of the next decade.

Rick Fisher, senior fellow, International Assessment and Strategy Center

vantage now and what we need to do in very short order is to develop and deploy.”

With the gap closed, the United States may have the leverage needed to compel China to enter an arms control pact or at least to prevent the Chinese Communist Party from wielding its missile arsenal as a club over less-powerful nations.

“You have to have leverage with the Chinese always in order to get them to agree to anything,” said Peter Huessy, the director for strategic deterrent studies at the Mitchell Institute for Aerospace Studies. “And leverage from us is deploying missile defenses in Asia, and missile forces, and a capable aircraft and navy.”

The United States attempted to bring China into the treaty on at least three occasions, failing each time. According to Rick Fisher, a senior fellow at the International Assessment and Strategy Center, exiting the treaty is only the first step in the process of bringing China to the table for a potential arms pact.

“Leaving the INF treaty is really only part of what is necessary to get China’s attention,” Fisher said. “And yes, we have China’s attention, but in order to really get their attention so that they finally come to the table to consider even minimal steps towards arms control, what we also need—for good or for bad—is a good old arms race.”

Esper, in an official statement upon withdrawal from the treaty, said that the Pentagon has been researching and developing intermediate-range cruise and ballistic missiles since 2017.

“Because the United States scrupulously complied with its obligations to the INF Treaty, these programs are in the early stages,” he said.

“Now that we have withdrawn, the Department of Defense will fully pursue the development of these ground-launched conventional missiles as a prudent response to Russia’s actions and as part of the Joint Force’s broader portfolio of conventional strike options.”

Esper told reporters that the Department of Defense was researching a long-range precision missile, the range of which could be extended upon exit from the treaty. Extending the range would take approximately 18 months, he said.

Speaking to the press in Sydney on Aug. 4, Esper and Pompeo emphasized that deterrence is the ultimate goal of the planned deployment.

Esper noted that the missiles deployed would be armed with conventional, not nuclear, warheads. The weapons will give the United States the strategic posture to “deter conflict in any region in which we deploy them in consultation with our allies and partners,” he said.

While aircraft and Navy combat

vessels remain the image of America’s military might, missiles play a major role in deterring U.S. adversaries, due to their unique qualities.

“A missile very much focuses the thinking of our potential adversaries,” said Fisher. “A missile travels very fast. It can be very accurate and it’s very difficult to counter or shoot down a missile. When we bring lots of missiles to a theater, our adversaries usually take notice and become much more serious about moderating their behavior.”

“Today, the United States simply does not have enough missiles to cause our adversaries to reconsider aggressive and threatening behaviors.”

Building up its missile arsenal will allow the United States to erase the imbalance that currently threatens stability in Asia.

“Getting out of the INF treaty has created a legal basis for the United States to now develop and deploy the kind of deterrent capabilities that we require to keep our kids out of war for most of the next decade,” Fisher said.

“Yet, at the same time, the Trump administration is trying to interest China and Russia in new arms control treaties, and I think this is just basic Diplomacy 101. But the most consequential agenda of the Trump administration today is to redress a fundamental missile gap that holds the prospect for destabilizing Asia and drawing Americans into war.”

Chang said the United States should center its missile deployment on China “because China actually poses as a conventional risk.”

“When people think about war, they don’t think about Russia. They think about China. We should be developing our missiles and thinking about our strategies in relation to what the Chinese might do,” Chang said.

The media have focused most of the coverage on criticizing the United States, parroting official Russian and Chinese talking points to criticize Trump for withdrawing from the treaty. Both Russia and China said the United States will be to blame for escalating “tensions.” Huessy said that China is the sole source of tensions in the region.

“The tensions in this part of the world are generated almost solely and entirely by China. We’re interested in trade, we’re interested in getting ships moving in and out. We’re investing, we’re interested in investment. We’re interested in economic growth. We’re interested in the protection of intellectual property,” he said.

“That’s not what China’s interested in. They’re interested in controlling all of that by their own rules and destroying other people’s ability to compete with them.”

Anti-Depressants Are Over-Prescribed; Suffering Should Be Conquered, Not Masked

TREVOR LOUDON

 *Commentary*
Democratic Party presidential candidate Marianne Williamson has set off a storm with recent comments to BuzzFeed News that anti-depressant drugs are being overused to treat normal human responses to adverse circumstances—what was once referred to as the “blues” or melancholia.

Williamson points out that normal human suffering is not a mental illness and shouldn't be treated as a condition warranting chemical treatment. It's very rare that I agree with a Democrat, but Williamson is right on the money with this one.

According to BuzzFeed, Williamson believes anti-depressants are routinely overprescribed and that they aren't needed to treat situations she categorised as instances of “normal human despair.”

“The twenties can be very hard. They're not a mental illness. Divorce can be very difficult, losing a loved one, someone that you know died, someone left in a relationship and you're heartbroken—that's very painful, but it's not a mental illness,” Williamson said.

“You had a professional failure, you lost your job, you went bankrupt. Those things are very difficult, but they're not a mental illness.”



‘The mind is it's own place’ - Milton

And she's right, they're not mental illness. They're a normal human response to the inevitable losses we all experience.

In 2018, Williamson wrote on Twitter that depression wasn't stigmatised until the condition was “medicalised.”

“The answer to depression is more scientific research only if you think of it simply in biomedical terms. The medicalisation of depression is a creation of the medical industry. For millennia depression was seen as a spiritual disease, and for many of us it still is,” she wrote.

Again Williamson is right. For millennia, normal melancholia was treated as just that—normal. If your spouse or child died, it was not regarded as aberrant, or worthy of “treatment,” to feel intense emotional pain.

Many of history's great poets wrote exquisitely on human loss and pain—and left us valuable guidelines on how best to respond to it.

Shakespeare's “Romeo and Juliet” looks deeply at the pain of loss. Can you feel the intensity of Romeo's grief as he gazes upon Juliet's lifeless body in these simple words? “Death lies on her like an untimely frost. Upon the sweetest flower of all the field.”

In “Henry IV,” Shakespeare tells us to embrace grief on the road to healing: “To weep is to make less the depth of grief.”

In “Paradise Lost,” Milton tells us that external conditions need not define us. It's how we respond to those conditions that determines



SCOTT OLSON/GETTY IMAGES

our true character.

“The mind is its own place, and in itself can make a heaven of hell, a hell of heaven./And that the true road to recovery from loss will lead through darkness./Long is the way and hard, that out of Hell leads up to light.”

The classical poets recognised that loss and grief are essential parts of life, that we are measured not by how much we can avoid pain but by how much we can embrace it and push on through to the light beyond.

Human Suffering

In this century, few have written better about human suffering than Austrian psychologist and Holocaust survivor Viktor Frankl. His book “Man's Search for Meaning” is a classic in the field of understanding human suffering and the potential for spiritual growth found therein.

After experiencing and witnessing extreme suffering in Theresienstadt Nazi concentration camp, Frankl developed a new psychological theory based on man's search for meaning in life. Frankl observed that those who around him who didn't lose their sense of purpose and meaning in life were able to survive much longer than those who surrendered to despair.

Frankl saw that suffering is not just something to be conquered, but also something to be embraced. That suffering properly experienced and confronted could lead to a better understanding of the meaning of life and could greatly enrich future life experiences.

Few have suffered as much in the modern era as China's Falun Gong practitioners. Thousands of innocent people have been imprisoned and enslaved in communist China for their spiritual beliefs. I've personally heard many of their stories of long years of extreme slave labor, brutal beatings, starvation, and degrading treatment. Many saw their friends or family members executed.

Democratic presidential candidate Marianne Williamson prepares for a television interview after the Democratic Presidential Debate at the Fox Theatre in Detroit, Mich., on July 30, 2019.

Some succumbed to the constant torture and mistreatment. Others found deep meaning in their faith and refused to succumb. It's remarkable to me that these people are now as well-adjusted and happy and purposeful as any I have ever met.

I can only put that down to the faith in their principles that sustained them through their torture and the meaning they get from their beliefs, as well as the work they do to free China from the grip of evil.

Every committed athlete understands the concept “no pain, no gain.” I only personally know one ex-Navy SEAL, but I'm very sure that while he might have hated every minute of “Hell Week” during his BUD/S training, he's grateful every day of his life for the strength he can draw from that experience.

Most of us don't starve and freeze in Nazi death camps or endure torture and privations to produce goods for U.S. supermarkets in the Chinese labor camp system. Most of us never spend hours at a time up to our necks in freezing cold mud during Navy SEAL training.

Most of us, however, will lose a child, a parent, a spouse, or a lover or friend during our lifetimes. Many of us will suffer rejection, be cheated on, feel socially awkward, or endure a loneliness that it seems will never end. Many of us will miss out on a promotion, lose a business, or fail an important exam.

Few of us welcome these experiences, but if they have happened, why waste the opportunities they provide? Why blot out that experience with “anti-depressant” drugs? Why deny ourselves the opportunity to grow and gain strength through embracing and conquering our suffering and loss?

Physical pain teaches young children not to put their fingers on hot stove elements. It's good to catch a cold once in a while to boost the body's immune system. Emotional pain, too, can be a spur toward better future mental health. If a young woman has a string of disastrous love affairs, maybe the pain will teach her to raise her standards in men. If she masks that pain with drugs, whether a legally prescribed anti-depressant or marijuana, heroin, or alcohol, will she ever learn the right lessons? Will refusing to confront the pain today lead to even worse pain in the future—to a future of perpetual emotional infancy? Will confronting the pain now be a surer path to becoming a stronger, fully functioning independent adult?

Frankl saw that suffering is not just something to be conquered, but also something to be embraced. That suffering properly experienced and confronted could lead to a better understanding of the meaning of life and could greatly enrich future life experiences.

In some extreme cases, chemical treatment may be needed to prevent a suicide or self-harm. But these reasons aren't why most anti-depressant drugs are prescribed or consumed.

Legally produced anti-depressants are certainly safer than black market heroin or cocaine, but the principle behind them is the same. They're consumed simply to blot out emotional pain.

Which is morally and practically superior? To deal with the inevitable pain and grief we all experience in life through personal fortitude, spiritual reflection, and the counsel of friends? Or to chemically deny yourself the opportunity to learn and grow?

For most people, in most circumstances, the answer is clear. Every great poet and every sound faith tells us that experiencing grief and pain is an inevitable, necessary, and often beneficial part of life. Yes, anti-depressant drugs are over-prescribed in every Western country. I disagree with Williamson that this is primarily the fault of the medical industry. I think it results from a failure to heed the words of poets, philosophers, and religious leaders since the beginning of time. We try to avoid the fact that pain and loss will always be with us.

Either we embrace it, learn from it, and grow; or we run from it or try to mask it with drugs—and be condemned to repeat it.

Trevor Loudon is an author, filmmaker, and public speaker from New Zealand. For more than 30 years, he has researched radical left, Marxist, and terrorist movements and their covert influence on mainstream politics.

Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.



LAURYNAS MEREKAS/UNSPLASH

Antidepressant drugs are being overused to treat ‘the blues’.

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How the Specter of Communism Is Ruling Our World

Infiltrating the West (Part II)

The Epoch Times here serializes a translation from the Chinese of “How the Specter of Communism Is Ruling Our World,” a new book by the editorial team of the “Nine Commentaries on the Communist Party.”

Chapter Five (Cont.)

10. Why Do We Fall for the Devil's Tricks?

American sociologist Paul Hollander, in his book “Political Pilgrims,” told the stories of many young intellectuals enamored with communism who traveled to the Soviet Union, Maoist China, and Communist Cuba. While horrifying abuses were taking place, these young political pilgrims were shown none of it and, upon their return to their countries, enthusiastically wrote books glorifying socialist policies.

Communist ideology is an ideology of the devil, and as time has passed, people have seen increasingly clearly that everywhere communism goes, it is accompanied by violence, lies, war, famine, and dictatorship. The question is, why are there still so many people who wholeheartedly help the devil spread its lies, even becoming its obedient tools?

In the United States, for example, people of different time periods were attracted to communism for different reasons. The very early members of the Communist Party USA were immigrants. Their economic status was low, and it was hard for them to blend into the community. They thus joined the Party mainly due to influences from their homelands (primarily Russia and Eastern European countries).

After the Great Depression, the influence of Marxism in the West dramatically increased, and almost the entire intellectual class in the West began a leftward turn. Numerous intellectuals went to visit the Soviet Union and, after returning home, gave speeches and wrote books promoting communist ideology. Those involved included many influential thinkers, writers, artists, and reporters.

The baby boomer generation entered college during the 1960s, growing up in post-war affluence, yet they were misled by communist-inflected ideologies into taking up other countercultural stances, in the form of anti-war protests, feminism, and the like. The next generation of students was taught left-leaning material right out their textbooks because their teachers were the “tenured radicals”—thus communism’s “long march through the institutions” had finally succeeded, beginning a cycle intended to reproduce and maintain itself forever.

In a book dedicated to exposing communism, “Masters of Deceit,” FBI Director J. Edgar Hoover, whose tenure ran 37 years, classified communist activists into five groups: open party members, underground party members, fellow travelers, opportunists (those who support the party for self-interest), and dupes. In reality, there are very few extremely evil and die-hard communist activists; isn’t it much more the case that the majority of Communist Party members were simply taken in?

American journalists John Silas Reed and Edgar Snow played major roles in promoting communist ideology around the world, with Reed’s book “Ten Days That Shook the World” and Snow’s “Red Star Over China.”

Reed is one of three Americans who was buried in the Kremlin Wall Necropolis, meaning that he himself was a communist activist. His description of the October Revolution was not an objective reporting of the actual events, but carefully crafted political propaganda.

Snow was a fellow traveler of communism. In 1936, the interview outline he provided to a CCP member included questions in a dozen areas, including diplomacy, defense against enemy invasion, views on unequal treaties, foreign investment, views on Nazis (National Socialists), and more. Later, Mao Zedong met Snow in a cave home in Shanbei (the northern portion of Shaanxi Province) to answer questions

so that a favorable impression of the CCP could be created. The young and naive Snow was used as a tool by the treacherous CCP to broadcast its carefully crafted lies to the world.

Yuri Bezmenov, a former KGB spy, recalled his experience of receiving foreign “friends” when he worked as a spy. Their schedule was partially arranged by the Foreign Intelligence Service of the Russian Federation. Their visits to churches, schools, hospitals, kindergartens, factories, and more were prearranged. Those involved were communists or politically trustworthy and had undergone training to make sure they would speak with one voice. He cited as an example the time when Look, a major American magazine in the 1960s, sent journalists to the Soviet Union and ended up printing materials prepared by Soviet security forces, including photos and print copy.

The communist specter infiltrated the West in disguise. Only when we transcend concrete phenomena and put ourselves on a higher plane can we truly see the face and goals of the specter.

Thus, Soviet propaganda went out into the public under the name of a U.S. magazine, misleading Americans. Bezmenov said that many journalists, actors, and star athletes can be excused for being blind to the realities while visiting the Soviet Union, but that the behavior of many Western politicians was unforgivable. They wove lies and sought cooperation with Soviet communists for their own reputation and profit, he said, calling them morally corrupt.

In the book “You Can Still Trust the Communists ... to Be Communists,” Dr. Fred Schwartz analyzed why some young men from wealthy families became fond of communism. He listed four reasons: First, disenchantment with capitalism; second, belief in a materialist philosophy of life; third, intellectual hubris; and fourth, an unfulfilled religious need. Intellectual hubris refers to the experience of young people from the ages of about 18 to 20 who easily fall prey to communist propaganda due to their partial understanding of history, their anti-authoritarian resentment, and their desire to rebel against tradition, authority, and the ethnic culture they grew up in.

“An unfulfilled religious need” refers to the fact that everyone has a kind of religious impulse inside them, driving them to transcend themselves. However, atheism and the theory of evolution instilled by their education make them unable to derive satisfaction from traditional religions. The communist fantasy of liberating mankind takes advantage of this latent human need and serves as their ersatz religion.

Intellectuals tended to be fooled by radical ideologies. Such a phenomenon has drawn the attention of scholars. In his book “The Opium of the Intellectuals,” French philosopher and sociologist Raymond Aron pointed out that on

one hand, 20th-century intellectuals severely criticized the traditional political system, while on the other hand, they generously tolerated or even turned a blind eye to the dictatorship and slaughter in communist states. He saw the left-wing intellectuals who turned their ideology into a secular religion as hypocritical, arbitrary, and fanatical.

In his book “Intellectuals: From Marx and Tolstoy to Sartre and Chomsky,” Paul Johnson, a British historian, analyzed the lives and radical political views of Rousseau and a dozen intellectuals who followed him. He found that they shared the fatal weaknesses of arrogance and egocentrism.

In his book “Intellectuals and Society,” the American scholar Thomas Sowell also illustrated extensively the extraordinary arrogance of these intellectuals.

These scholars have based their analysis of communist intellectuals on careful judgment and analysis, but we wish to bring attention to another reason, which they have not covered, that explains why intellectuals can be so easily fooled.

Communism is a demonic ideology that does not belong to any traditional culture in human society. Since it militates against human nature, it can never be organically developed by man, but must be enforced and instilled from the outside. Under the influence of atheism and materialism, contemporary academia and education have abandoned the belief in gods. Blind belief in science and the worship of so-called human reason make it possible for people to become slaves of this demonic ideology.

Since the 1960s, communism has engaged in a large-scale invasion of American education. Even worse, many young people—bombarded by left-wing media and given a simplified education—indulge in television, computer games, the internet, and social media. They get turned into “snowflakes,” people who lack knowledge, a global perspective, a sense of responsibility, a sense of history, and the ability to cope with challenges. With communist or communist-derived ideologies instilled in them by their parents’ generation, they become indoctrinated and henceforth use a warped framework for evaluating the new facts they see and hear. That is, communist lies have formed a film around them, preventing them from having a clear view of reality.

To deceive people, the demon has extensively exploited the human weaknesses of stupidity, ignorance, selfishness, greed, and credulity. Meanwhile, idealism and romantic fantasies of a beautiful life have also been taken advantage of. This is the saddest of all.

In fact, a communist state is nothing like the romantic fantasies of communist true believers. If they actually lived under a communist regime, instead of simply visiting on a pleasant tour, they might realize this.

The communist specter infiltrated the West in disguise. Only when we transcend concrete phenomena and put ourselves on a higher plane can we truly see the face and goals of the specter.

The real reason the specter could attain its goal is because humans abandoned their belief in gods and relaxed their moral standards. Only by revivifying our belief in gods, purifying our minds, and elevating our morality can we rid ourselves of demonic influence and control. If all of human society returned to tradition, the specter would have no place to hide.

This concludes Chapter Five.

See next edition for the next installment.

Trump Versus the China Cowards

ROGER L. SIMON

Commentary
Oh, the vapors, the vapors. No sooner did President Donald Trump announce the likelihood of new China tariffs to activate Sept. 1 than out popped the U.S. Chamber of Commerce’s head of international affairs Myron Brilliant to inform us, “Tariffs are not the answer; escalation is not the answer.”

Then what is the answer?
I hate to break it to Brilliant, but other than tariffs, the answer is nothing, niente, rien, nichts, nada ... unless you want to go to war with China, which I don’t think anybody is ready for.

This lack of alternatives was made evident during the last round of Democratic primary debates when the candidates were asked the same question—Would you keep the tariffs on China?—and did more than their usual fumbling before remembering their required (i.. if Trump is doing it, it must wrong) rote answer—no. They didn’t sound convincing. To the contrary. They had befuddled expressions on their faces, as if caught with their ideological pants down.

Beyond this phony political posturing or the pro forma lobbyist’s response of Brilliant is a far more difficult question. Just how does a democracy negotiate with a totalitarian state?

According to a Wall Street Journal article earlier this week—“Beijing Slow-Walks Trade Talks”—the Chinese have chosen to wait us out, having come to the conclusion that time is on their side and the longer they delay, the better deal they will get.

Best of all, Trump could lose in 2020, and once again the Chinese will only have to deal with the complaisant pussycats they’ve had sitting opposite them in negotiations for the last several decades. China would be left alone to steal our intellectual property, undercut



President Donald Trump speaks to the media before boarding Marine One en route to Ohio on the White House South Lawn in Washington on Aug. 1, 2019.

Like it or not, no one has done much about China except Trump. The answer to the question above about how a democracy negotiates with a totalitarian state is to line up behind a leader of courage and to stick with him.

our workers, and manipulate their currency to their own advantage as they always have.
Of course, this depends on the conventional wisdom that Chinese leader Xi Jinping and crew will still be there. That seems likely on the face, but despite being the oldest of civilizations, or nearly, China has been subject to multiple revolutions, many with extremely violent results.
In recent times, the Tiananmen affair and now events in Hong Kong are especially noteworthy. What seems like a communist monolith is not entirely a stable country. Far from it, actually. The following from the Aug. 2 South China Morning Post

is ominously reminiscent of Prague and Budapest before they were ultimately invaded by the Soviet army:
“The People’s Liberation Army is a pillar for stability in Hong Kong and will always abide by the law, Beijing said on Friday amid concerns it might mobilise troops to help bring an end to weeks of unrest in the city.”
It wasn’t long after invasions that the Soviet Union disintegrated. And like the Soviet Union, the People’s Republic is apparently in financial trouble.
Nevertheless, until now, until Trump, China has had its way in negotiations with the United States,

and with most of the rest of the world as well. Greed and cowardice have prevailed over courage and fair trade. Too many U.S. corporations—Google and Apple noteworthy among them—preferred to profit off the People’s Republic rather than confront it. Google came painfully close to actually creating a censored search engine for the communist regime.
If anything, our politicians have been worse. They followed the principle of going along to get along or, more accurately, going along to get theirs, as Joe Biden and John Kerry did with their sons and stepsons, as if China were a cash machine for progeny.
Like it or not, no one has done much about China except Trump. The answer to the question about how a democracy negotiates with a totalitarian state is to line up behind a leader of courage and to stick with him.
Negotiations almost always have ups and downs. Convince the totalitarians that you mean business. Throw aside partisan considerations “at the water’s edge.” That used to be a hallmark of U.S. foreign policy that has dwindled over the years and now barely exists in the age of Trump. Exacerbating the situation is the seemingly unending political campaign coupled with the inability to accept the legitimate authority of a president for even a minute.
Not being fools, the Chinese see this dissension, and we are paying the price.

Roger L. Simon, co-founder and CEO Emeritus of PJ Media, is an author and screenwriter. His new novel, “The Goat,” will be available for pre-order Aug. 9, 2019.

Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.



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Canal Boating Around Birmingham

We passed under centuries-old brick bridges and saw beautiful English countryside with quaint little cottages.

See B4



How a Faith in Feelings Can Enslave Your Mind

Haven't we all blamed our circumstances or other people for our feelings?

See B9

LIFE

THE EPOCH TIMES



Sunset over Lake Saimaa.

'To us, being in the forest is healing' one of my Finnish friends tells me.



Foraging for blueberries.



Lake Saimaa, in Finland's Lakeland region.

Summertime on Finland's LAKE SAIMAA

JANNA GRABER

Bright rays of sunshine stream through the trees, highlighting the path before me. I'm on the hunt—for blueberries that is. My friends and I have spent the morning in a forest in southeastern Finland. My basket is empty, but my Finnish friends point out several places where blueberries hide. Soon enough, the basket fills with the tiny berries, then the number dwindles as I eat them one by one. Here in Finland, foraging is a beloved pastime. In grade school, Finnish children learn what can and can't be eaten from the forest. The Finns believe that everyone has the right to enjoy outdoor pursuits. Their "everyman's law" gives public access to the country's vast forests, lakes, and rivers with few restrictions. That means that we can pick berries in a forest on an island in the middle of Lake Saimaa. Lake Saimaa is Finland's largest lake and the fourth-largest natural freshwater lake in Europe. It's hard to grasp just

It's hard to grasp just how big this lake is, but there are more than 14,000 islands in Lake Saimaa.

how big this lake is, but there are more than 14,000 islands in Lake Saimaa. The lake region is a virtual summer playground. Many small towns and communities line the shores, and the area is dotted with summer cottages. Lakeland, as this region of Finland is aptly called, calls to the very heart of Finnish identity. Being in nature holds a revered spot in Finnish tradition. "To us, being in the forest is healing," one of my Finnish friends tells me. Here in the stillness of the woods, I have to agree. Finland's Lakeland Region Lake Saimaa is a top vacation spot for Finns, but it's drawing more international visitors like me. Over the next week, my friends and I spend our time leisurely exploring several towns and villages along the lake shores. Our first stop is the town of Mikkeli, located between lakes Puula, Kyyvesi, and Saimaa. Many Finns dream of owning a summer cottage in this region, and some 10,500 of them do. During the summer, the sun sets for only a few hours, result-

ing in long days of sunlight for play and relaxation. In the winter, the water turns to ice, providing ample space for skating, hockey, and even cross-country skiing. Mikkeli is a popular destination for families, and Kenkaveri is one of the region's most popular attractions. This restored vicarage has impressive gardens and is home to Santa's Summer Hideout. Children seem to like seeing Santa and his elves in their natural habitat, and these elves are especially friendly. Later, we stop for lunch at Tertti Manor, a historic family home. Like much of the food we eat during our trip, the ingredients are fresh and locally sourced. Those who think Finnish food is bland have not visited the country recently. Fresh berries, mushrooms, fish, and homemade baked goods are a staple of Finnish cuisine. At Tertti Manor, we enjoy a huge buffet filled with fresh vegetables from the manor garden, homemade breads served with honey from the grounds, as well as duck, pheasant, and partridge from manor hunts.

Continued on B2



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Summertime on Finland's LAKE SAIMAA

Continued from B1

Our next stop is the Ollinmaki Winery in Mikkeli, which produces wines, liqueurs, and spirits from fresh local berries. We sample several berry liqueurs, but my favorite is one made from lingonberry, a northern berry that is popular in Scandinavian cuisine. I purchase two bottles of the liqueur to take home.

Opera in a 15th-Century Castle

In the small lakeside city of Savonlinna, I experience something I never imagined—opera in a 15th-century castle. Located on Lake Saimaa, Savonlinna is known for its focus on the arts. Each summer, it hosts the Savonlinna Opera Festival in Olavinlinna Castle. The festival attracts more than 60,000 people a year. The stage setting inside the castle is surreal and I almost feel like part of the set.

Where to Stay on Lake Saimaa

We had many choices of accommodations in the region, including rented summer cottages, luxury resorts, and small inns. We choose to stay at the Anttolanhovi Art & Design Villas, right on the shores of the lake. The villas are perfect for a family or group, and even have a full kitchen and living room. The décor is luxury Finnish design with light woods and lots of glass. The resort's waterside location is the quintessential Finnish lakeside experience.

My favorite experience at the villas is eating breakfast outside on the patio each morning. There's just something special about overlooking a lake, coffee in hand, early in the morning.

One evening at the villas, we have a Finnish barbecue. The main dish is muikku, a tiny lake fish that is a popular dish in Finland. After adding fresh herbs and spices to the tiny fish, we cook them over an open fire.

The fish are served with fresh berry drinks, local vegetables, hearty salads, and homemade breads. I'm not sure if it's the fresh air, the gorgeous lakeside location, or the chef's skills, but I love everything on the menu.

Finnish Sauna

When in Finland, you go to the sauna. To the Finns, saunas are a huge part of health and wellness. It's a must to be enjoyed at regular intervals. Without it, many Finns feel they are incomplete.

"Sauna makes me feel clean," explains one local. "And it's where I relax and unwind," says another.

So after dinner, we head to the lakeside smoke sauna.

There are many different types of saunas in Finland, including wood stove sauna, steam sauna, ice sauna, and tonight's feature sauna—smoke sauna. Smoke saunas don't have a chimney. Wood is burned in a large stove, allowing smoke and heat to fill the room.

When the sauna is hot enough, the fire is allowed to die and smoke is ventilated out. The residual heat warms the sauna for the duration of a visit. And although the walls are often black from smoke, the smell is enticing and



the heat warm and comforting.

While the Finns have had years of practice to build up their heat tolerance, my American friends and I have not. The heat in the smoke sauna hits us like a wave when we enter, but we happily follow the example of our Finnish friends and take a seat on the wooden benches.

Relaxed smiles fill their faces and they breathe in deeply. They look so serene.

"I need fresh air!" one of the Americans says, rushing out the door after only a few minutes' time.

Finnish sauna, it seems, takes some practice.

That's when we learn the next step of a Finnish lakeside sauna experience—you jump into the lake and cool off.

The cool water is startling as we leap from the pier, but it's refreshing. Though it's almost 11 p.m., the sky is still light. I spend the next hour going from sauna to lake, and soon, I begin to understand.

It's not just the sauna heat and cool water that is appealing, it's being part of nature, surrounded by earth's beauty and the laughter of friends.

While my friends splash in the lake, I turn and float on my back. It's a wonderful night to be in Finland.

HARRI TARVAINEN/NORTH KARELIA



ALEXANDRIA

on the Rise

A lively mix of historic and trendy draws visitors

SKYE SHERMAN

ALEXANDRIA, Va.—Like a cold chunk of watermelon on a mid-July pool day, riverfront Old Town Alexandria is a sweet bite into the best of the American Experiment. At once, a quaint and cozy small town and a blossoming hub for go-getters and creatives, the city’s proximity to Washington—just five miles out, so close you can spot national monuments across the Potomac River—imbues unassuming Alexandria with an of-the-moment sense of relevance.

Founded in 1749, Old Town Alexandria is a nationally designated historic district, but its focus is undoubtedly forward.

Alexandria’s easy awareness of the next and newest is deepened by its very real contributions to our nation’s early years, a long and storied history that gives root to the creative freedom of today. The hometown of America’s first president, Alexandria has long served as a launch pad for movers and shakers.

Visitors can follow in George Washington’s footsteps by visiting his pew at Christ Church; dining at Gadsby’s Tavern, where he was a regular; and even staying in his former townhouse, available for rent on Airbnb. The main attraction, however, is Mount Vernon, George and Martha’s estate located eight miles south—it’s a must on any visit to Alexandria. A scenic bike ride along the leafy Mount Vernon Trail is the ideal way to reach the estate, but narrated boat cruises are available too.

Alexandria is already the ideal home base for any visit to Washington—it’s located on the D.C. Metro line and offers its guests lower prices and a slower pace than the nation’s capital—but it’s also rising to repute of its own, and for good reason. Arriving in Al-

exandria feels a bit like stepping onto the set of a hometown Hallmark movie, only the plot isn’t gimmicky and the characters are full of surprises.

Canopies of mature, leafy oaks drape over cobblestone streets hugged on both sides by Federal-style row houses, most notably on Captain’s Row, one of Alexandria’s most iconic streets—a potent dose of born-and-bred Americana. Due to its picture-perfect setting, Captain’s Row is a popular spot for special occasion portraits, and no visit to Alexandria would be complete without snapping a photo of it.

As you stroll Old Town with camera in hand, make sure you also stop to snap a pic at the Spite House on Queen Street—at seven feet wide, it’s the skinniest historic house in the U.S. It was built in 1830 when an exasperated former tenant grew tired of rickety carriages taking shortcuts through the alleyway bordering his home. His creative solution to loiterers and traffic was to block the alley for his own purposes, and it remains a private residence today.

Another worthy stop on Alexandrian explorations is the Stabler-Leadbeater Apothecary Museum. The apothecary was founded by Quakers in the 1700s, when exotic herbs and bloodletting devices were the treatments of choice, and has been preserved as a museum, with many original relics to show for it. Thirty-minute guided tours are available twice hourly and give visitors a peek into the potions of the past.

Visitors who want to see it all in Alexandria should purchase a Key to the City Museum pass: \$15 grants you access to nine historic sites, as well as 40 percent off admission to Mount Vernon and discounts at museum stores. The pass includes access to Carlyle House, a historic mansion that inspired the PBS drama “Mercy Street.”



(Above) Alexandria, with the Washington Monument in the background. The city makes a good homebase to visit Washington. (Top L) The aptly named, seven-foot-wide Spite House (in blue). (Bottom L) George Washington’s former townhouse is available for rent on Airbnb. (Right) A sampling of Meggrolls.

With its historical context and educational interest, Alexandria is undeniably a city of the times—a city not just of yesterday but of today and tomorrow. It’s dog-friendly and quirky, both a haven for hard-hitting Washington suits and a wholesome place to raise a family. More than 20 new restaurants have opened in the past year, along with the city’s first waterfront hotel and a public space called Waterfront Park, the initial rollout of the city’s gradually unfurling plan to take full advantage of its riverside location. Plans for on-site pop-up programming include public art installations and seasonal festivals, and even now, water taxis and cruises depart from Waterfront Park regularly and take you right to Washington.

Old Town Alexandria’s main street, King Street, is a mile long, but rather than a concentrated block or two boasting the main attractions, its entire length is filled with restaurants and shops, bookended to the east by the Potomac. King Street’s boutiques run the gamut of inventory, from vintage cocktail ware at The Hour to thoughtful paper goods at Penny Post. The street is pleasantly walkable, but a free trolley runs on a loop if you tire of taking it in on foot.

Visitors can also spend time wandering the Torpedo Factory Art Center, a former naval munitions factory that was transformed into a sort of coworking space for artists back in the 1970s. Today, housing 82 artists’ studios,

The hometown of America’s first president, Alexandria has long served as a launch pad for movers and shakers.



Canal Boating Around Birmingham

A charming way to see the English countryside

EVAN MANTYK

Intrepid travelers to England should consider taking advantage of thousands of miles of canals on storied lands—particularly in and around England’s second biggest city—Birmingham.

To be honest, I am not an intrepid traveler, nor is anyone else who travels with a wife, a 2-year-old, a 5-year old, and two in-laws. But, throw into the mix that my wife and in-laws are adventurous New Zealanders and that my father-in-law has already pulled off his own English canal boating experience (albeit without kids), and you have a date with Old England!

We flew into London, but never mind all the pre-packaged tours and London landmarks that everyone else is doing. Instead, we jumped in the smallest minivan I’ve ever been in and hit the highway for five hours.

We benefitted from my father-in-law’s chauffeuring since cars in New Zealand and England both drive on the left side of the road. (I would discourage non-intrepid Americans from renting cars. One simple mistake is all it would take. Consider how disorienting it can be: After I returned to the United States, my wife and I both had completely forgotten whether to pass in the right or left lane.)

Boating in the Countryside
Finally, we reached the quaint Alvechurch Marina nestled in the English countryside of Worcestershire. We stayed the night in the boat docked at the marina and, in the morning, we were given a demonstration of the

At top speed, the motorized canal boat only goes a quick walking pace, forcing me to leave behind my fast-paced daily routine.

◀ (Top) We saw beautiful English countryside with quaint little cottages and passed under centuries-old brick bridges. (Left) A canal in Alvechurch, Worcestershire. (Top R) Regency Wharf at Gas Street Basin. The restored canal system in central Birmingham is a national heritage landmark. (Bottom R) A canal in Birmingham.

K SUMMERER FOR VISIT ALEXANDRIA



COURTESY OF MEGGROLLS



it’s the largest collection of publicly accessible working artist studios in the country. Artists can be seen expressing themselves through a variety of media, including print-making, painting, stained glass, ceramics, sculptures, and more. Visitors are free to shop, chat, or sign up for an art class.

When it comes time to refuel in Alexandria, no meal could better capture the spirit of the city than Meggrolls. Meghan Barood launched her innovative take on eggrolls as a food truck, but the concentrated servings of comfort food soon became a permanent counter-serve staple, and she has big plans for expansion. You haven’t lived until you’ve tried four-cheese broccoli mac fried into an oversized eggroll.

Another can’t-miss “only in Alexandria” sort of spot? Captain Gregory’s, a speakeasy tucked inside a donut shop. Ring the bell and

K SUMMERER FOR VISIT ALEXANDRIA



C DAVIDSON FOR VISIT ALEXANDRIA



M ENRIQUEZ FOR VISIT ALEXANDRIA



- 1. Old Town Alexandria’s main street, King Street.
- 2. Outdoor dining at Virtue Feed & Grain.
- 3. Burger at Virtue Feed & Grain.
- 4. Glass case at the Stabler-Leadbeater Apothecary Museum.
- 5. Water taxis depart to D.C. from Waterfront Park.
- 6. Trolley on King Street.

hope the captain’s in.

Another standout in Alexandria’s culinary scene is Virtue Feed & Grain, so named for its original role as a granary in the 1800s. The two-story, indoor-outdoor restaurant is a modern take on the traditional American tavern, and bustles with the energy of breaking bread. Sit outside for a scenic spot with Waterfront Park just around the corner.

To get a dose of the cutting edge and trendy in Alexandria, pay a visit to The People’s Drug, where there’s a drink sure to cure whatever ails you. (Served up by a non-drinking, chemistry-loving bartender, I might add.) By day, the space is reminiscent of its early days as a lunch counter—the spot was established in 1905 to serve up hamburgers and vanilla shakes—but by night, tipples are the main event.

Alexandria’s thriving restaurants and 100

R KENNEDY FOR VISIT ALEXANDRIA



KRISTIAN SUMMERER FOR VISIT ALEXANDRIA



K SUMMERER FOR VISIT ALEXANDRIA



trendy boutiques exude an irresistible appeal, made all the more alluring by their historically significant spots to call home. The architecture may date back to the 1700s, but the concepts are future-focused, a demonstration of what communities will create if given free rein to work at what they love.

With its past preserved and its future promising, Alexandria reminds visitors of the beauty of the American Experiment—the welcoming small town on the outskirts of our nation’s seat of power is a visceral reminder of all we’ve gotten right.

Skye Sherman is a freelance travel writer based in West Palm Beach, Fla. She covers news, transit, and international destinations for a variety of outlets.

She was a guest of Visit Alexandria.

ins and outs of canal boating. Our four-bed canal boat was a mere seven feet wide and an intimidating 54-feet long. It would have been a minor disaster to try maneuvering it in the 20-foot-wide canals, at first, had it not been for my father-in-law. Then again, bumping other canal boats and the canal banks is part of the excitement.

We were off—though not as quickly as I anticipated! At top speed, the motorized canal boat only goes a quick walking pace, forcing me to leave behind my fast-paced daily routine. Whoever is driving the boat has to pay close attention to keeping it straight, constantly correcting the trajectory.

Canal boat steering is a skill necessary to cultivate and is enjoyable once you get the knack of it. On the last leg of the trip, my father-in-law had me guide the boat through a long pitch-black tunnel, which took about 40 minutes. The white-knuckle experience gave new meaning to “a light at the end of the tunnel.”

Simply put, canal boating is charming. We passed under centuries-old brick bridges and saw beautiful English countryside with quaint little cottages. The kids fed an apple to a friendly horse.

Because of the way the canals were built, we literally sailed over the land and roads at certain points, a surreal experience. Passengers could hop out and walk on the side paths that run parallel to the canal (where the horses used to pull).

We stopped at a schoolhouse that was built before the Mayflower ever set sail. My son took to sitting on deck with his life jacket on, feeding the swans that floated by and gazing at the slowly changing scenery. I finished reading Homer’s “Iliad.”

Urban Arrival

As we approached Birmingham, the idyllic scenery seemed to fade away. It began to feel less like the English countryside and more like we were sailing through people’s backyards—probably because we were sailing through people’s backyards. Also, for an interminable stretch, every inch of a wall on the side seemed to be covered in graffiti.



The Worcester and Birmingham Canal in Tardebigge, Worcestershire.

The Veins of a Great Empire

These stranger urban canal moments were precious though. Consider that the canals are deeply intertwined within England. The British Empire of the 19th century left a deep impression on the world, powered by the technological might of the Industrial Revolution, the ideals of Victorian England, and cultural giants like Charles Dickens. It was the largest empire in known history, covering one-fifth of the world.

“The sun never sets on the British Empire,” the saying went.

The railroad only began to make a serious entrance in the late 19th century. The main mode of industrial transportation in England during this influential era was canals. Nearly 200 years later, canals haven’t gone anywhere. Like some parallel world stuck in the 19th century, they continue to exist alongside modern England.

The same ingenious lock technology from the 19th century is still there for you to use as well. You ride your boat into a narrow chamber, push a giant lever to close your

Whoever is driving the boat has to pay close attention to keeping it straight, constantly correcting the trajectory.

boat in, and then raise another to let the water from the next level raise your boat. Zero air pollution!

As railroads and trucks came along, the days of the canals eventually came to an end. The extensive system went into disrepair and the canals were filled with garbage. Then, beginning around 1949 and increasing through the present, a steady recovery of the canals as a leisure activity has taken place.

Exploring Birmingham

The great value placed on the canals today became apparent once we actually arrived in Birmingham, where shops, restaurants, and attractions lined the canal and gave the feeling of a British Venice. We took the kids to the National Sea Life Centre, which was more children-friendly and entertaining than any aquarium that I have ever been to in the United States. At night, my in-laws watched the kids while my wife and I strolled along the canal to Symphony Hall, Birmingham, where we saw the London Philharmonic Orchestra perform Beethoven and Schubert works. Afterward, we discovered Birmingham’s bustling nightlife. We crossed a picturesque bridge over the canal to a French café for dessert.

The canal was just a short walk from downtown Birmingham as well. While Birmingham is not considered architecturally exceptional among European cities, my sheltered American eyes were nonetheless dazzled by the beautifully ornate architecture and the way it was grandly incorporated into the city planning—feeling at times epic.

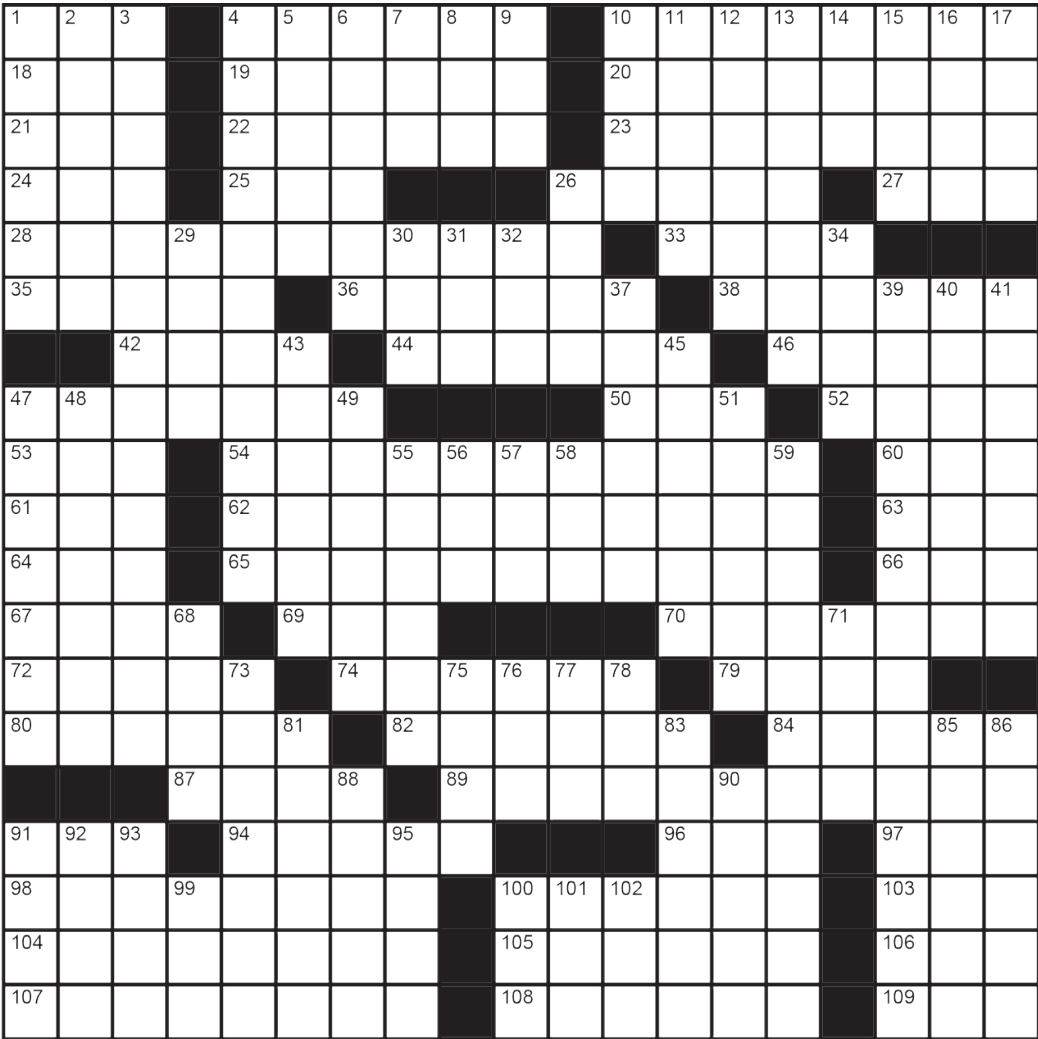
In one area, we visited the Birmingham Central Library and the Birmingham Museum of Art. These buildings sit on the circumference of a plaza among a mixture of buildings with modern and classic architecture. A small but richly ornate structure, like a mini-cathedral with a fountain, sits in the center of a large circular plaza. At one end, the circle opens and seems to pour into the city. As wide as streets in America, there were wide brick-paved walkways lined with shops.

If canals are the veins of England, then Birmingham is quite possibly the heart.

* Use American spelling to enjoy these puzzles made by our parent company in New York.

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



Across

- 1. Calypso offshoot
- 4. “Objets d’art”
- 10. Cardinal sin?
- 18. “Chicken Run” character
- 19. Act the ham
- 20. 1959 Mystics song title word repeated before “Oh my darlin’ don’t you cry”
- 21. A little work
- 22. Canoodled
- 23. As a quid pro quo
- 24. Cuckoo
- 25. Abbr. on a can of motor oil
- 26. Former Portuguese

- island
- 27. Spread, as hay
- 28. Historic period in Europe
- 33. Classic vanity plate
- 35. Loose talk?
- 36. Brushed away
- 38. “Get a move on!”
- 42. Oil source
- 44. Foot part
- 46. Like some colors
- 47. Gluten disease (UK)
- 50. Knight’s title
- 52. 007
- 53. Semicircle
- 54. Acid reflux result
- 60. Silent

- 61. Songbird
- 62. One who can see right through you?
- 63. Sugar ____
- 64. Bigheadedness
- 65. RNC/DNC volunteer
- 66. Days ____
- 67. Like hen’s teeth
- 69. Sanctuary
- 70. “The facts, ma’am” series
- 72. Author Zola
- 74. Unruffled
- 79. Kind of show
- 80. Put on the line
- 82. Yom Kippur’s month
- 84. Stock market figures

- 87. Go downhill
- 89. Southern U.S. pastry snack
- 91. Dashboard abbr.
- 94. Give up
- 96. Drink dog-style
- 97. Have chits out
- 98. Carried by ship
- 100. Fur
- 103. SALT signer
- 104. Caprices
- 105. Uniformly
- 106. Bottom line
- 107. Most like a school-marm
- 108. Crystal-lined stones
- 109. Like some wine

Down

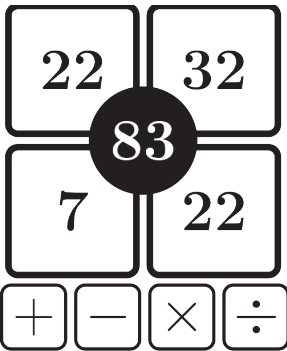
- 1. Clippers
- 2. Essence
- 3. Chest pain
- 4. Michael Cohen, e.g.
- 5. Body parts named after the Latin for ‘grape’
- 6. Time out
- 7. Bother
- 8. “Owed” homophone
- 9. Settler’s building material
- 10. Sunni opposition
- 11. Party drink
- 12. David, “the sweet psalmist of ____”
- 13. Euclidean proposal
- 14. “Casey at the ____”
- 15. Have an edge against
- 16. Orpheus’s instrument
- 17. Impart
- 26. Join
- 29. Compulsively meticulous
- 30. Sashimi course
- 31. Oui’s opposite
- 32. Trigonometry abbr.
- 34. Bang, as a big toe

- 37. Scheme
- 39. One’s territory
- 40. Authentic
- 41. A curiosity
- 43. “Mississippi ____” (1992 Denzel Washington drama)
- 45. Bled for
- 47. Banquet VIP
- 48. Japanese paperwork
- 49. Cryptologists
- 51. Platforms
- 55. Demonstrate, in a way
- 56. On a roll
- 57. ____ Baba
- 58. Baby’s first word, maybe
- 59. Scottish country dances
- 68. Civic group
- 71. Way to go
- 73. A nematode
- 75. Parcheesi bones
- 76. Gray shade
- 77. Not just “a”
- 78. “____ pales in Heaven the morning star”: Lowell
- 81. Sweetheart
- 83. Montreal, for one
- 85. Mooring rope
- 86. Betraying nervousness, in a way
- 88. Feasts
- 90. Top scout
- 91. “I need to know how much food to order,” for short
- 92. Juicy fruit
- 93. Star followers
- 95. Sleeveless garment
- 99. Collision sound
- 100. “I’ve seen your picture” Steely Dan song
- 101. Garden party?
- 102. Author Tolstoy

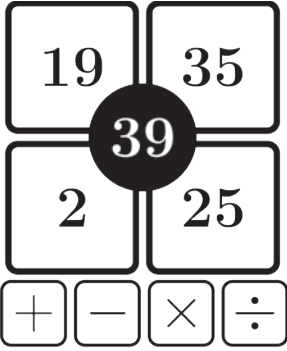
4NUMBERS

CONSTRUCTED BY C. CHANG
AT 4NUMS.COM

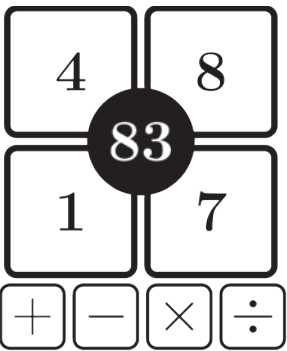
Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one “unique” solution but, there may also be “equivalent” solutions. For example: 6 + (7 X 3) + 1 = 28 and 1 + (7 X 3) + 6 = 28



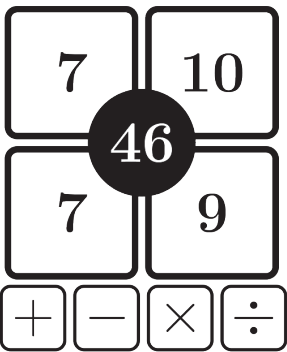
Hard 1 - 1 Solution



Hard 2 - 2 Solutions



Easy 1 - 1 Solution



Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

S C O D E S I G N R E C E S S
E O V E R D O E S R W V S T W
A E R E V E N L Y N M E H R C
B L S U P I T I E D N R E A H
O I F Q U V E A S I R I A T E
R A S N E C K E D R R S R H E
N C E S W E A T Y A A K S S S
E G V A G A R I E S O E M P E
C U R I O S I D J H L D L E S
H M A C A O M V J P I A L Y T
C A T E R E R U E B U G N S R
B Z W L S E D A T E A N H G A
V I N S T E P D E E U X C S W
S H O O E D M G E O D E S H H
E E L W O R M E M I L E L K V

COELIAC
CURIOS
DEARIE
DESIGN
EAGLE
EELWORM
EMILE
EVENLY
GENUINE
GEODES
HAWSER
HIGHS

INSTEP
ISRAEL
MACAO
MUTED
NECKED
OVERDO
PITIED
PUNCH
RECESS
RISERS
RISKED
SEABORNE

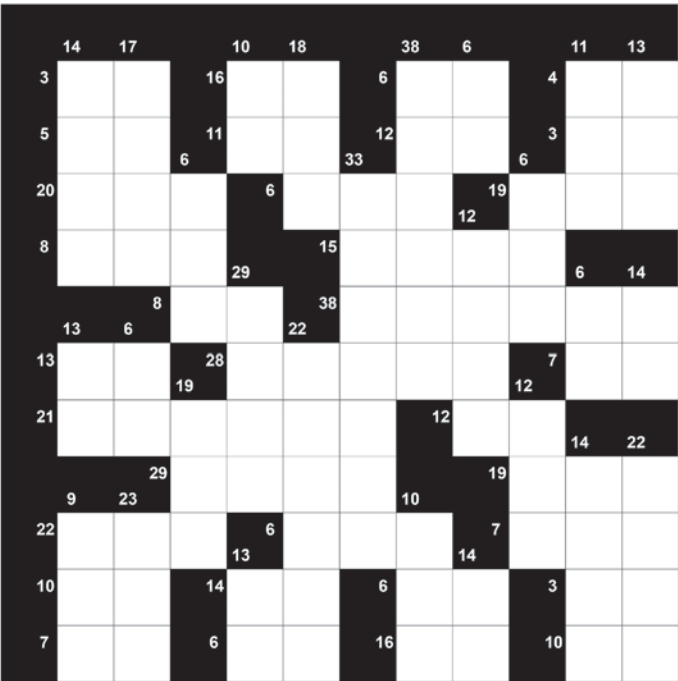
SEDATE
SHEARS
SHOOED
SLANG
STRATHSPEYS
SWEATY
UVEAS
VAGARIES
WAIVE
CATERER
CHEESE STRAW
DINES

KAKURO

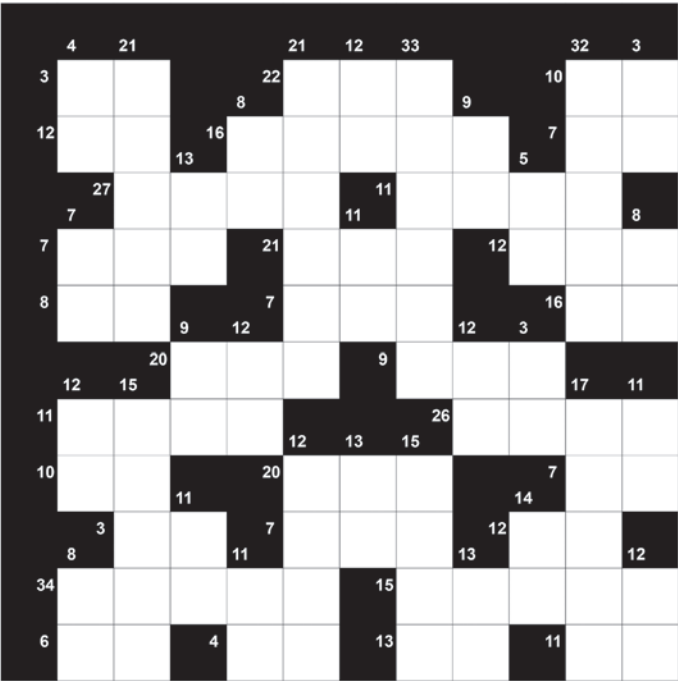
CONSTRUCTED BY EPOCH TIMES STAFF

Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a “run”) with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle is complete.

Large: Hard



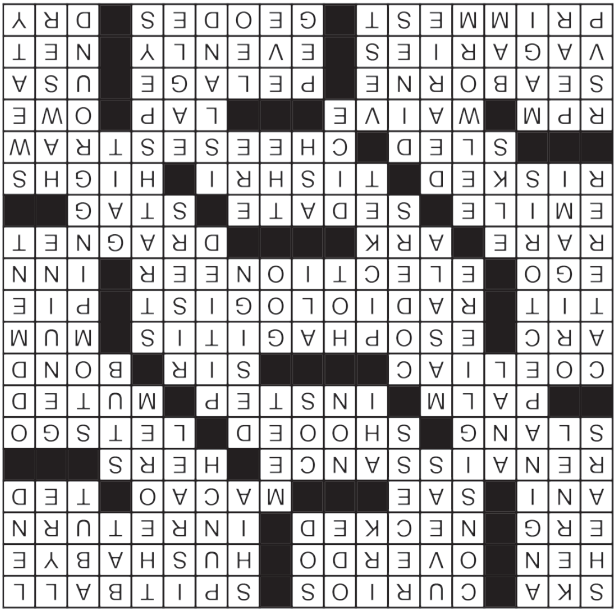
Large: Easy



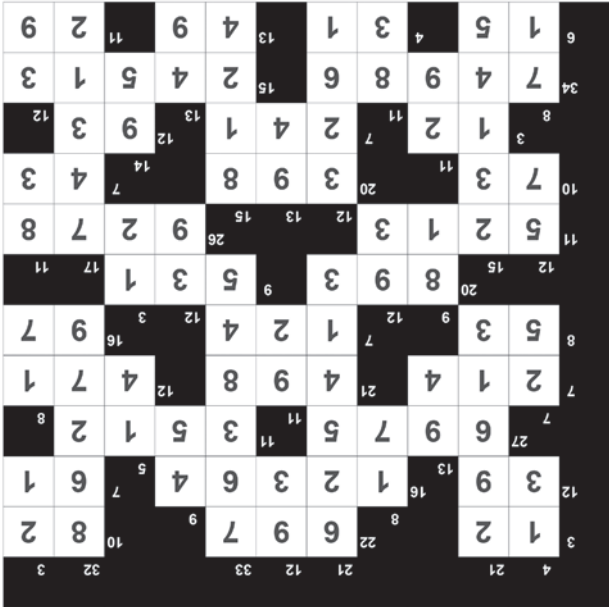
WORK SPACE

SOLUTIONS

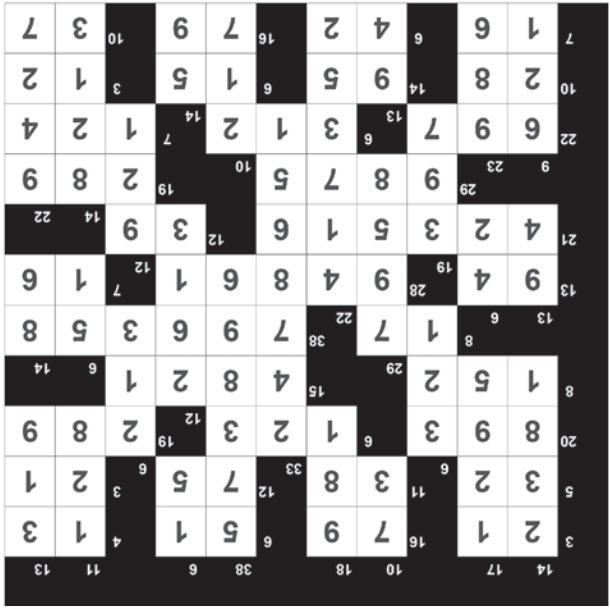
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1**
32 + 22 + 22 + 7
- HARD 2**
35 + 25 - 19 - 19
(35 - 25) × 2 + 2 + 19
- EASY 1**
(8 + 4) × 7 - 1
- EASY 2**
9 × 7 - 10 - 7

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Women are especially susceptible to an underperforming thyroid, which can lead to them being treated for depression that can result from the condition.



Milder Form of Hypothyroidism Often Misdiagnosed as Depression

Frequent misdiagnosis results in ineffective treatments due to difficult-to-spot and complex condition

KELLY BROGAN

If you walk into a doctor’s office and tell a conventional doctor that you’re depressed, gaining weight, fatigued, having trouble concentrating, cold, and constipated, chances are that the doctor would tell you that it’s depression, aging, or just stress, and that’s why you’re feeling the way you do.

They might prescribe you some medication and off you go.

But one thing that the doctor might fail to realize is that those very symptoms of depression also double as symptoms of a commonly underdiagnosed condition: hypothyroidism.

An underperforming thyroid (hypothyroidism) is one of the most underdiagnosed conditions in America, yet it’s incredibly common—especially in women. Over 20 percent of all women have a “lazy” thyroid, but only half of those women are diagnosed.

Science has known about the relationship between a dysfunctional thyroid and symptoms of depression for a long time. Depression often occurs concurrently with changes in the hypothalamic-pituitary-thyroid axis, which is a hormonal feedback control loop that regulates metabolism.

So exactly how many patients are told they have depression when it’s really a thyroid problem? A new study published in the peer-reviewed journal BMC Psychiatry is shedding a bit of light onto that question.

New Insight Into Subclinical Hypothyroidism

In a 2019 study, researchers from several Malaysian universities used a meta-analysis technique to evaluate the association between subclinical hypothyroidism—meaning hypothyroidism that is not severe enough to present definite observable symptoms—and depression amongst 12,315 individuals. The researchers were hoping to further clarify the prevalence of depression among people with subclinical hypothyroidism (SCH) and the effect of levothyroxine therapy, the most common synthetic thyroid hormone drug that is sold under the brand names of Synthroid, Tirosint, Levoxyl, Unithroid, and Levo-T.

Though the relationship between depression and hypothyroidism has been evident to scientific research for around 200 years, the association between depression and hypothyroidism’s sneakier and more subtle cousin, subclinical hypothyroidism (SCH) has historically been more controversial. Subclinical hypothyroidism is an early, mild form of hypothyroidism where peripheral thyroid hormone levels are within normal range but serum thyroid-stimulating hormone (TSH) levels are mildly elevated. It’s estimated that a whole 3-8 percent of the general population (usually more women than men) is affected by SCH.

Over 20 percent of all women have a ‘lazy’ thyroid but only half of those women are diagnosed.

The thyroid sits in the middle of a complex and dynamic web of hormones and chemicals that controls metabolism.



Keeping a thyroid healthy is an exercise in holistic medicine that requires you to pay attention to all aspects of your lifestyle.



In the study results, which the researchers found by compiling the data of many other studies, researchers found that:

1. Patients with SCH had a higher risk of depression than patients with normal thyroid function controls, which means that patients with SCH were more likely to have depressive symptoms.
2. In individuals with SCH and depression, levothyroxine therapy didn’t help improve their depression or symptoms.

What does that mean? The researchers found that thyroid imbalance seems to be a driver of depression—and that trying to replace those missing hormones with the most commonly prescribed synthetic T4 hormone, levothyroxine, doesn’t actually help alleviate depressive symptoms.

This is an interesting finding because about 20 million Americans, mostly women, have some type of thyroid problem and are prescribed synthetic thyroid hormones such as Synthroid, a brand of the levothyroxine. Instead of using synthetic chemicals to “fix” our bodies, which apparently isn’t really working, we should be finding the root cause of the thyroid dysfunction and take a more holistic approach in healing our bodies.

The Thyroid

To better understand why this study was interesting, we first need to understand more about the thyroid in general. The thyroid is a butterfly-shaped gland that sits at your throat just a little under the Adam’s apple. The gland produces a range of hormones, but its two most active substances are T3, the active form of thyroid hormone, and T4, the storage form of thyroid hormone.

A healthy thyroid regularly secretes T3 and T4 into the bloodstream so that most of the T4 can be converted into its active form, T3, around the body, including the brain. To do that, the process depends on a wide variety of factors: the amount of available specialized enzymes, optimal cortisol (your stress hormone) levels, and certain nutrients such as iron, iodine, zinc, magnesium, selenium, B vitamins, vitamin C, and vitamin D.

But thyroids do much more than pump out hormones; they also take information in from the body to adjust its own pace. The thyroid sits in the middle of a complex and dynamic web of hormones and chemicals that controls metabolism, which is how fast and efficiently cells can convert nutrients into energy. In conversation with the brain, adrenal glands, and more, the thyroid indirectly affects every cell, tissue, and organ in the body—from muscles, bones, and skin to the digestive tract, heart, and brain.

One major way that thyroids affect us is through our mitochondria, the organelles in most cells that are widely considered to be the powerhouses of the cell. Mitochondria not only help generate energy for our body to do things, but they also determine the time of cell death and more.

Our mitochondria are maintained by our thyroid hormone—which is why patients whose thyroids are underperforming experience an array of symptoms, including fatigue, constipation, hair loss, depres-

sion, foggy thinking, cold body temperature, low metabolism, and muscle aches. That’s partially why thyroid problems have such resounding and far-reaching effects on the body. When your mitochondria aren’t being properly cared for by your thyroid hormone, everything in your body has less energy to do the work it needs to do, and everything slows down.

What Makes the Thyroid Misbehave?

It’s no surprise that so many factors go into keeping the thyroid happy. The thyroid can be thrown off balance by all sorts of reasons: chemicals and food additives, like emulsifiers (found in commercial soda), synthetic plastic chemicals, fluoride (found in much of our tap water), and mercury (from large fish), or immune responses. Importantly, this circuitry is also influenced by another hormone, cortisol, which is produced by your adrenal glands at the command of your brain.

When we look at adrenal function, we have to take our analyses one step farther and understand what is causing adrenals to be stressed out. From there, we know that the adrenal glands are affected by the gut, diet, and environmental immune provocation and that many lifestyle and environmental factors can influence this relationship, which in turn, can disturb the thyroid.

Thyroid Disease Is a Psychiatric Pretender

The point of all of this is to say that because of how interconnected the relationship between the thyroid and other parts of the body are, thyroid imbalance often leads to the symptoms of depression, when the culprit is an unhappy thyroid. The study that we talked about earlier is helping us better understand just how prevalent mistaking thyroid imbalance, particularly subclinical hypothyroidism, for depression is.

Of course, it doesn’t help that symptoms listed above are a vague bunch and could have many causes, so conventional doctors frequently write them off as a symptom of aging, depression, or stress in the few minutes they usually spend talking with patients. The way that lab tests for hypothyroidism (both subclinical and hypothyroidism) are run and the way reference ranges are established aren’t very accurate.

Keeping a thyroid healthy is an exercise in holistic medicine that requires you to pay attention to all aspects of your lifestyle. Check out our free symptom checker at KellyBroganMD.com to see if your thyroid might be affected, or if you have any of the other Top 5 “Psychiatric Pretenders” common physical imbalances that show up as mental or emotional symptoms.

Kelly Brogan, MD, is a holistic women’s health psychiatrist and author of *The New York Times* bestselling book, “A Mind of Your Own,” the children’s book “A Time for Rain,” and co-editor of the landmark textbook, “Integrative Therapies for Depression.” This work is reproduced and distributed with the permission of Kelly Brogan, MD. For more articles, sign up for the newsletter at KellyBroganMD.com

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How a Faith in Feelings Enslaves Your Mind

the late author Michael Crichton observed, “Wet sidewalks don’t cause rain.” Likewise, feelings don’t cause thoughts.

You can’t have a feeling without having a thought first. Take a moment now; try to feel anger. Can you feel anger without first conjuring up angry thoughts?

Splitting your thoughts from your feelings and pretending something outside yourself is causing them is the beginning of psychological enslavement. The Instant Pot didn’t cause my frustration; its hissing steam revealed my frustration. Traffic doesn’t cause anger; it reveals our anger. Relationships don’t cause resentment; they reveal resentment we are carrying within ourselves.

Yet, we stubbornly insist that our wet sidewalks cause our rain. The more intense our feelings, the more certain we are that other people and circumstances are to blame for the feelings we experience.

As our feelings become more intense, so do the associated sensations. Our heart rates may rapidly rise. Our muscles may constrict. Our thinking swirls with rapid-fire thoughts; an external situation has hijacked our attention. We seek relief from our swirling thoughts. For many of us, reaching for our smartphone is an escape from the swirl. Addictions form to escape that swirl.

The World Is Experienced Inside-Out

This past week, you may have experienced anxiety, fear, depression, worry, resentment, frustration, or some other intense feeling. I have never met a person who claims to be immune to negative feelings. What is crucial is how we choose to process our feelings: outside-in or inside-out.

Typically, we process feelings in an outside-in manner. We believe our feelings are giving us feedback about other people, our circumstances, past events, or future possibilities.

Most of us pay special attention to some negative feelings while easily overlooking others. Judging by the growing number of prescriptions written for anxiety, many pay special attention to anxious thoughts. For some, when anxiety arises, their thinking speeds up. They are gripped by thoughts of, “Why am I feeling this way? How can I get rid of this feeling?” The more their head is filled with thinking, the less present they are to the moment. Taking a prescription drug may seem like the only way to calm the mind.

Looking at feelings through an outside-in mindset, it seems we have a lot of external circumstances to process and manage. After all, if an endless supply of other people and circumstances are causing our feelings, it is natural to have a lot on our minds.

However, we misunderstand how the mind operates when we attempt to get to the bottom of our feelings from an outside-in mindset.

There are no feelings that can ever exist separate from our thoughts. We are always experiencing our thinking and our feelings from the inside-out.

In “Meditations,” Marcus Aurelius wrote, “Our life is what our thoughts make it.” From an inside-out mindset, our feelings are a barometer, giving us feedback on the quality of our thinking at the moment.

Taking More Responsibility

Understanding that we can only experience

life inside-out, not outside-in, is the beginning of taking responsibility and experiencing psychological freedom.

In 1895, the first silent movie was shown in Paris. The less-than-a-minute movie simply showed a train arriving in a station. There are apocryphal accounts of audience members rushing out of the theater in fear. The audience experienced the train bearing down on them; the experience of projection was new.

The story, even if untrue, provides a good metaphor. Grippd by an outside-in mindset, we try to flee our mind’s theater by resisting the thoughts and feelings we have created. The feelings we are having in any given moment are arising from our thoughts, not from our external circumstances.

We project our thinking onto the world. In “The 7 Habits of Highly Effective People,” Stephen Covey wrote, “We see the world, not as it is, but as we are.”

Each moment, we choose whether to take responsibility for our experience of life. When we look at our experience through the lens of an outside-in mindset, we believe our feelings are giving us honest feedback about our circumstances and other people. This outside-in mindset leads to blame.

The alternative is to experience life through an inside-out mindset. Moment by moment, we can interpret our feelings as signals, giving reliable feedback on the quality of our thinking.

Life requires action. When action is needed, an inside-out mindset allows us to act from our highest purpose and values. In contrast, using an outside-in mindset, we approach a problem with a built-in lack of clarity. This lack of clarity undermines our problem-solving ability. Indeed, the harder the problem, the more the lack of clarity in the outside-in mindset works against us. As the popular saying goes, “We cannot solve our problems with the same level of thinking that created them.”

Learning From Life

We can go through life kicking and screaming, or we can be a happy learner. To stubbornly maintain that life is being lived outside-in is to be devoted to misery.

To be a happy learner, remember that your interpretation of an “external” situation is a big clue to your state of mind.

Observe when intense feelings arise. Observe any thoughts blaming other people or circumstances for your feelings.

For example, do bad drivers anger you? If so, observe the accusations you are making. Perhaps you are a good driver, but inconsiderate in other situations. If you are willing to learn, life gives you insight into the contents of your thinking.

Understanding that life is lived inside-out, practice the subtraction solution: have a little willingness to say, “I must be mistaken because I’m blaming.”

The Stoic philosopher Epictetus began his life as a slave. He overcame physical bondage and then attended to his mind to free himself of his own inner chains. In the collection of his writing “The Enchiridion,” he shared his timeless discovery: “People are not disturbed by things, but by the views they take of them.”

Epictetus continued, “When therefore we are hindered, or disturbed, or grieved, let us never attribute it to others, but to ourselves; that is, to our own principles. An uninstructed person will lay the fault of his own bad condition upon others.”

The good news is life’s situations—even hissing steam—will instruct us if we are willing to learn to attend to our mind from an inside-out mindset.

Barry Brownstein is professor emeritus of economics and leadership at the University of Baltimore. He is the author of *The Inner-Work of Leadership*. To receive Barry’s essays, subscribe to *Mindset Shifts* at BarryBrownstein.com. This article was originally published on the *Foundation for Economic Education*.

Haven’t we all blamed our circumstances or other people for our feelings?

Barry Brownstein

We have been taught to trust our feelings. Being authentic, we are told, is the key to success. On college campuses, feelings have been elevated to the sacred.

Gillian McCann, a professor of religion at Canada’s Nipissing University, relates the story of her graduate school supervisor advising her “to do whatever [she] felt.” A friend listening to her story quipped, “That kind of advice has ruined a generation.”

Writing with co-author Gitte Bechsgaard, McCann observes that problems with emotional self-regulation and addiction are rapidly growing. They add that “we are living in a culture with an expectation to be authentic and expressive in all life situations—quite independent of context or consequences.”

McCann and Bechsgaard pointedly write, “A mind that is left undeveloped (or not attended to) is ... potentially our worst enemy.”

Wet Streets Don’t Cause Rain

One morning, after setting up my breakfast in my Instant Pot, I sat down and prepared for my workday by watching my thoughts arise. I was attending to my mind, especially noticing grievances and mild annoyances that could undermine my purpose for the day.

As I sunk into my meditation, I heard the steam hissing furiously from my Instant Pot. The pot had not sealed.

Mindless, I found myself back in the kitchen screaming in frustration.

In seconds, I was shocked by the intense emotions seething beneath my placid surface. The hissing steam exposed what was lurking in my mind.

If I was ready to learn, the hissing steam was about to teach me a lesson. I could blame the Instant Pot for my rage, or I could acknowledge my thoughts of frustration, irritation, and blame ready to erupt.

Feelings Don’t Cause Thoughts

Haven’t we all blamed our circumstances or other people for our feelings? Feeling resentment, we blame our partner for not offering enough support. Feeling anxiety and stress, we blame a traffic delay. Feeling depressed, we are sure it is coming from the state of the world.

We have reversed cause and effect. As

You can’t have a feeling without having a thought first.

Our life is what our thoughts make it.

Marcus Aurelius, “Meditations”

We can interpret our feelings as signals, giving reliable feedback on the quality of our thinking.

1

Drink 2 Liters of Water a Day for Healthy Skin

FALSE: The amount of water you drink does not directly affect your skin. Water is supplied to the skin by blood flowing through the dermis, the inner layer of skin; water is lost from the epidermis, especially in a dry environment.

Water is needed to maintain skin hydration and when you become seriously dehydrated your skin appears dull and is less elastic. In a healthy person the internal organs—kidneys, heart and blood vessels—control the amount of water reaching the skin. There is no fixed volume of water that you need to drink, it simply depends on the amounts you are using and losing. [Editor’s note: Mild dehydration is common and can contribute to health problems. Drinking enough water is essential to your health.]



2

Skin Constantly Renews Itself

TRUE: The skin provides a dynamic barrier between your body’s internal environment and the outside world. Cells called keratinocytes in the epidermis (the outer layer of skin) are constantly dividing to produce a supply of cells that move up through this layer and are shed from its surface. Skin is a rich source of stem cells with the capacity to divide and renew themselves.

3



Stress Can Make Skin Unhealthy

TRUE: There are many health issues in modern life that we blame on stress, but several skin conditions have been shown in scientific studies, to be worsened by life events, possibly via stress hormones including cortisol (a steroid hormone made in the adrenal glands).

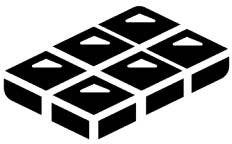
Notable examples are alopecia areata, an auto-immune condition where the body’s immunity begins to attack the hair follicles, causing hair to fall out; psoriasis, another auto-immune condition that causes skin thickening, scaling and inflammation; and eczema, itchy red skin inflammation often occurring alongside asthma, hay fever, and other allergies. Unfortunately, a flare-up of these skin conditions is exactly what you don’t need when you are feeling stressed or under pressure.

7 Myths & Truths About Healthy Skin

SARA BROWN

The skin is our largest organ and something we may take for granted when it’s healthy. As an academic dermatologist, I frequently hear misleading “facts” that seem to be stubbornly enduring. Here are some of the most commonly shared myths that can be cleared up immediately, and some truths you can rely on.

4

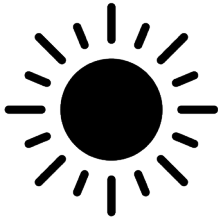


Eating Chocolate Causes Acne

FALSE: Acne vulgaris, the common “teenage” acne which can actually persist into your 30s and 40s, occurs as a result of the interaction between hormonal effects on grease glands in the skin, plus the skin’s immune response to blocked pores and microbes living on the skin.

Eating a high-fat diet is unhealthy for many reasons, but it doesn’t cause acne. In fact, some tablets prescribed for severe acne such as oral isotretinoin are better absorbed when pills are swallowed with a fatty meal—and that could include chocolate.

7



Sunshine Is Good for You

TRUE AND FALSE: Many people have experienced the feel-good factor of a sunny day, but there are good and bad effects of sunlight. Light from the sun includes a mixture of different wavelengths of light. Some are visible to the human eye, some are shorter than the colors we can see—these are called ultraviolet (UV)—and some are longer, the infrared. Different wavelengths have different effects on the skin.

UVB is used by the skin to manufacture vitamin D which is essential for bone health. Without sun exposure, this vitamin must be obtained from the diet. Dermatologists use specific wavelengths of UVA and UVB in carefully controlled doses to reduce skin inflammation, a valuable treatment for some skin conditions.

But when the skin is exposed to too much UV it can damage the skin cells’ DNA, leading to uncontrolled growth—the basis of cancer. As a simple rule, unless you have a disease or treatment that suppresses your immune system, sunshine is good for you in moderation, but always avoid getting sunburned.

Without sun exposure, vitamin D must be obtained from the diet.

5



Laundry Detergent Causes Eczema

FALSE: Eczema is a condition where the skin is dry, itchy, and red. It is caused by a combination of genetic factors (how your skin is made) and environmental effects, leading to inflammation. Soap, detergents, and washing powders can irritate the skin and contribute to dryness because they remove oil from the skin (just as dish soap removes grease from your dishes).

Biological laundry detergents contain enzymes—proteins that break down fats and other proteins to remove stains—and these can irritate sensitive skin, so they may worsen eczema. It is important that any detergent is thoroughly rinsed out of clothing before it is worn, to avoid skin irritation.

6

White Marks on Nails = Calcium Deficiency

FALSE: Nails are manufactured in the nail matrix, an area under the skin at the top edge of your nail. If the matrix is traumatized, bumped or bitten, an irregularity in the developing nail occurs and air can become trapped. This appears as a white mark as the nail grows out. Calcium is important for healthy nails (as well as bones and teeth) but these white marks are not a sign of deficiency.

Some Prescription Drugs Linked to Higher Risk of Dementia

Researchers find anticholinergic drugs—sometimes used to treat dementia—substantially increase risk

MOHAN GARIKIPARITHI

A new study is indicating that a commonly prescribed class of drugs may substantially increase dementia risk.

The drugs, known as anticholinergics, are used to treat a variety of conditions like bladder problems, depression, and Parkinson’s disease. They work by inhibiting the chemical messenger acetylcholine, helping to relax or contract muscles.

When these drugs were used to treat dementia or mental illness, there was an even closer association.

The discovery was made through a large observational study by researchers from the University of Nottingham in the United Kingdom. The team looked at the medical records of 58,769 people with dementia and 225,574 people without it, all who were at least 55 years old at baseline. The dementia cases had an average age of 82, and 63 percent were women.

Anticholinergic drugs were associated with a 50 percent higher risk for dementia. More specifically, when these drugs were used to treat dementia or mental illness, there was an even closer association. The results were published in late June in JAMA Internal Health.

Although this study was observational and did not prove the drugs caused dementia, the relationship was significant. If you’re over the age of 55 and are taking these drugs, it might be worth talking to your doctor about alternative treatments.

If you are on this type of drug, it may be dangerous to go off immediately. Instead, continue taking them and learn about other available options. In some cases, there might be a variety of therapies you can try, specifically when it comes to depression.

Drugs—whether they are prescription, over the counter, or even supplements—do come with a degree of inherent risk. It is up to you what you’re comfortable with, and whether the potential mental health impacts of some anticholinergic drugs are worth it. For some, the long-term troubles may be worth the short-term gains

Mohan Garikiparithi holds a degree in medicine from Osmania University (University of Health Sciences). He practiced clinical medicine for over a decade. On a three-year communications program in Germany, he developed an interest in German medicine (Homeopathy) and other alternative systems of medicine. He now advocates treating different medical conditions without the use of traditional drugs. This article was originally published on Bel Marra Health.

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Plastic

What You Didn’t Know You Were Eating Every Day

Researchers find plastic is common in the water we drink and the air we breath with unknown effects

GINA-MARIE CHEESEMAN

You are likely unknowingly eating a credit card’s worth of tiny pieces of plastic every week. A new study for World Wildlife Fund (WWF) conducted by the University of Newcastle, Australia found that people consume about 2,000 pieces of microplastic every week (or five grams), which amounts to about 21 grams a month and just over 250 grams a year. The study is the first global analysis that combines data from over 50 studies on the ingestion of microplastics by people.

Source of Plastics We Eat

The sources of the microplastics that people regularly ingest are common food and beverages. Drinking water is the largest global source of microplastics, a study on bottled water found. All samples that researchers tested contained plastic. The samples came from around the world. Some places have more microplastics. American and Indian tap water had twice as much as European or Indonesian water. Shellfish accounts for up to 0.5 grams a week. The reason is that shellfish are eaten whole, and their digestive systems may contain the plastic they ingested. The world’s oceans are filled with plastic pollution. There is a plastic gyre in the Pacific Ocean the size of Texas.

Effects of Eating Microplastics

The effects of ingesting microplastic on human health are not fully known, but experts suspect that there is more of an impact than is understood currently. However, studies have found that beyond particular exposure levels of plastic fibers, mild inflammation of

the respiratory tract occurs. There are types of plastic that contain chemicals and additives that can affect human health.

Verified Findings

The WWF study is not the only one to look at how much plastic is consumed by people. A recently published American study found that Americans consume 39,000 to 52,000 particles of microplastic a year. When inhalation is factored in, the estimates increase to 74,000 and 121,000. Researchers discovered that people who meet their recommended water intake through bottled water may be ingesting an extra 90,000 pieces of microplastic a year. People who only drink bottled water consume about 4,000 extra pieces. The study concluded that the estimates “are likely underestimates.”

Root of the Problem

Many of the products that we buy are packaged in plastic. Our constant demand for convenience causes more plastic to be manufactured. And since 2000, more plastic has been produced globally than all the preceding years combined. A third of all of that plastic is leaked into nature. The current production of plastic could increase by 40 percent by 2030 if all predicted plastic production capacity is reached. The ocean will contain one metric ton of plastic for every three metric tons of fish by 2025 if nothing changes.

Wake-Up Call

WWF is calling on governments to take action. One big way governments can take action to stop the plastic crisis is to support more research on plastic and microplastics in nature, and their health effects on human health. Another way for governments to



The sources of the microplastics that people regularly ingest are common food and beverages. Drinking water is the largest global source of microplastics.

take action is to create national targets for plastic reduction, recycling, and management. The Canadian government recently set a target of banning single-use plastics as early as 2021. “These findings must serve as a wake-up call to governments,” said Marco Lambertini, WWF International Director General, in a statement. “Global action is urgent and essential to tackling this crisis,” said Marco Lambertini, WWF International Director General, in a statement.

demands a global legally binding agreement that involves every country in ending this plastic crisis by 2030. The petition has already garnered over 500,000 signatures. There is something else you can do. Aim to reduce the amount of plastic you use. Swap bottled water for a stainless steel reusable water bottle. Take your own cloth bags to the grocery store instead of using the single-use plastic ones that stores freely give. Every little action will help to reduce overall plastic use.

Gina-Marie Cheeseman is a freelance writer. This article was first published on [NaturallySavvy.com](#)



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ART EDUCATION

3 Ways That Drawing Helps Children Be Their Best

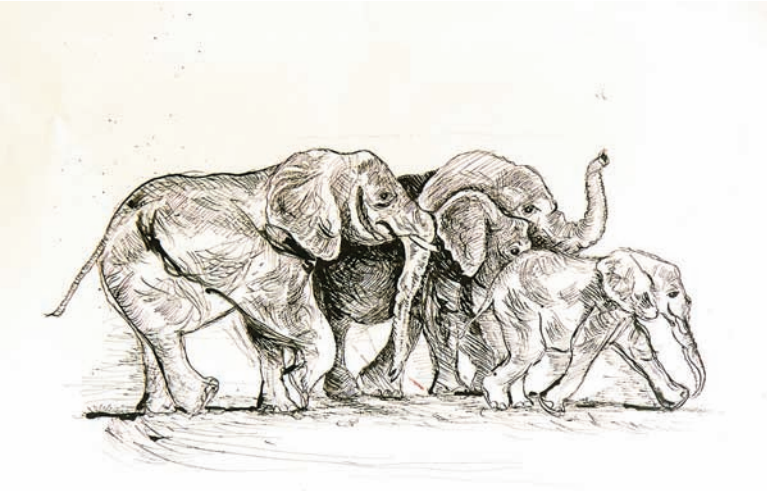
How children’s book illustrator Lyn Kriegler encourages children to flourish

LORRAINE FERRIER/THE EPOCH TIMES



A convoy of animal musicians accompany the children, in Lyn Kriegler’s illustration in “Higgledy Piggledy Hobbledy Hoy” by Dorothy Butler.

LORRAINE FERRIER/THE EPOCH TIMES



Lyn Kriegler’s illustration for a new book based in Africa.

LORRAINE FERRIER

AUCKLAND, New Zealand—We all learn differently. If your child is struggling to learn or if you find his or her behavior is sometimes a challenge, getting that child to practice some form of art could be the answer.

I caught up with children’s book illustrator and oral storyteller Lyn Kriegler, a friend I’ve known for a number of years. I wanted to learn more about her work in New Zealand schools, where since 1990 she’s been leading workshops as part of the New Zealand Book Council’s “Writers in Schools” program.



Children’s book illustrator and oral storyteller Lyn Kriegler.

LORRAINE FERRIER/THE EPOCH TIMES

Having illustrated 155 children’s books to date, Lyn knows a thing or two about children.

Around six years ago, I was lucky enough to help out ringside, as it were, at one school Lyn was visiting. She entertained a number of classes one after the other with equal gusto, showing the children her books and original illustrations along with illustrating their names and some impromptu storytelling. The children and I were part of the story, helping all manner of puppets come to life for their moment on stage, such as a lion, an orangutan, and an elephant.

In that classroom, there was a whole heap of joy, laughter, and of course creativity, and it all emanated from Lyn’s stories and art.

I then realized that children resonate with Lyn because she has a similar awe and avid curiosity of the world and because she greets them in a nonjudgmental way.

I wondered if we could learn from her work to help children.

The essence of that workshop stayed with me. Recently, as I sat around the kitchen table with my friend Corinne, Lyn, and her husband Tom, we all sipped tea as we listened to Lyn pour out story after story.

Drawing Out Anger

Lyn told us of the time she was invited to give a workshop at one of the lowest-achieving schools in New Zealand.

One of the boys was particularly challenging. He was three years

behind in school and a big boy in a class of little kids. The school was at a loss as to what to do with him. He was kicking walls and punching holes in doors. He was full of anger.

“In came this spitball, fireball, big, tall boy. He was mad; you could tell he was angry,” Lyn said.

She got the kids to do a visualization exercise in order to draw something or create a story. She started the visualization with an extra deep breath. Everyone else relaxed. He just sat there. He was so tense. At first he couldn’t see anything. Then, with some coaxing, he suddenly saw a tiny dot of light.

“Can you draw that?” Lyn asked. He took a pencil and stabbed the paper so hard that the point went right through the page. “Good,” Lyn said. “Let’s see if you can just touch the paper with your pencil very gently like a spaceship coming to land.”

It took him about 10 tries before he could touch that paper without puncturing it. Then, with a burst of excitement, he chose a corner of the room and Lyn went through the process again. At first, she said, he was breathing like a bull. Then he began to relax.

The key is to “encourage them in a low voice,” she says. “It’s the tone of your voice that relaxes them.” Lyn never pats or touches the children.

From that visualization, he saw a star. And in the next visualization, he saw the whole universe! The star took a little perseverance to draw, and the universe he made was with glitter, ribbons, paint, and more. But he was busy throughout the whole class, Lyn said.

Lyn told his teachers that at lunchtime they needed to give him a desk with some art supplies, and allow him to do visualization and let him draw.

“Let him ponder out what he sees within him because it’s all there, and once he’s rediscovered that world, he won’t need to wreck this world,” she said.

Picturing the Alphabet

In her workshops, Lyn teaches the children to illustrate letters in a particular

way; it’s a technique that can be used for learning numbers too.

She developed the method when she was at school herself. As a child, she found learning the alphabet boring, so she made it fun by drawing. She’d draw an “a” on its side and it became a peacock. She found that when she turned a capital “A” upside down, it became an ice cream cone. Or she’d add two small circles to the end of an “A” to reveal a pair of scissors. She did this for the entire alphabet.

Now, it’s a useful aid for her work in schools for children who don’t like practicing their handwriting and also for children who have been traumatized.

Some of the schoolchildren she teaches are refugees who have settled in New Zealand from a war zone, such as Afghanistan. Their native language may be written in an Arabic script with rounded edges. “They don’t like the look of English letters because they’ve got sharp edges,” Lyn said. Understandably, they are afraid of being hurt. Even the innocent dot of an “i” can be traumatic, reminding them of crawling bugs, she said.

In her workshops, Lyn shows these children how to draw a picture or tell a story using the letters in their name. She first demonstrates how “Lyn” becomes a cat: The “y” becomes the cat’s nose, the “L” is a paw, and the “n” is another paw. And the children get it. Suddenly they see that they can turn a letter of the alphabet into any kind of drawing. “Their chin goes up and their eyes start to sparkle,” Lyn said.

“When they see they can make a

drawing out of it [a word or a letter], they’ve broken through that block that’s stopping them,” she said. Then they all want her to illustrate their name. But Lyn is firm: “I say no. Go back to your classroom and you try this [yourself].”

Deconstructing ‘Destructive’ Behavior

Often after a storytelling session, particularly when her puppets have been involved, children will approach Lyn and pour their hearts out to her.

On one occasion, a little boy approached her and told her that his dad said he was destructive. He was so sad about it. He said, “My dad works really hard to buy me toys, and I like electrical toys, things that you can plug in or wind up. But I want to find out how they work, so I take them apart, and I can’t put them back together again. My dad gets mad at me and says I’ve wasted his money, and I’m destructive.”

“No, no,” Lyn told him. “Your dad doesn’t understand the word destructive. You are not destructive; you are deconstructive.”

It was all a misunderstanding. Together they wrote his dad a letter to explain what the little boy had just told her. His chin went up and his eyes lit up, Lyn said. “What is that light? It’s not reflecting [from] outside of themselves. It’s reflecting the light within them, which is their true self,” she said.

That spark within us may have different names, she said: soul or spirit, the unfed flame, the light within. But looking at any scripture, “any great work of literature, and there will be references to that heart.

It’s not the heart, the beating heart.” It’s sometimes called the spiritual heart. “I’ve seen beautiful scriptures describing it beautifully. It’s what makes us all one. Everyone has that spark of light,” she said.

To find out more about children’s book illustrator Lyn Kriegler, visit BookCouncil.org.nz

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